



Swimsuit-Ready in 20 Days: Lunch Recipes

Green Bean Salad with Tuna and Grapefruit- Scallion Vinaigrette

2 pounds green beans, stems removed
1 cup rice wine vinegar
2 small grapefruit, sectioned
8 ounces canned tuna , drained and flaked
½ bunch scallions, bias sliced
1 teaspoon ground ginger
1 teaspoon garlic powder
1 teaspoon sesame seeds
Salt and cracked black pepper to taste

In a saucepan, cook the green beans with of salt in boiling water for 2 minutes drain the beans and place them in an ice bath until cool.

In a bowl, whisk together the rice vinegar, ginger, garlic powder, sesame seeds, salt, and pepper. Add two grapefruit sections to the vinaigrette and whisk until the segments fall apart. Place the green beans in a large bowl and toss with tuna, scallions, and vinaigrette.

Serves: 2