

Light Pasta Salad with Smoked Albacore

¾ pound smoked Pacific Albacore

8 ounces dry rotini (corkscrew-shaped pasta, or pasta of choice)

½ cup julienned sweet red pepper

½ cup julienned blanched green beans

1/3 cup thinly sliced red onion

Dressing:

3 tablespoons olive oil

3 tablespoons Dijon mustard

3 tablespoons rice wine vinegar

3 tablespoons lime juice

3 tablespoons fresh chopped parsley

1-1 ½ teaspoons grated lime peel

1 tablespoon salt-reduced soy sauce

1-1 ½ teaspoons minced garlic

½ teaspoon dried dill weed OR 1-1 ½ teaspoons minced fresh dill weed

Break smoked Albacore into small bite-size pieces; set aside. Cook pasta; drain and rinse with cold water. Combine all dressing ingredients; mix well. Toss together pasta, peppers, beans, onions, smoked Albacore, and dressing. If possible, allow salad to stand for several hours, or overnight, in the refrigerator to allow flavors to meld together. Serve cold.