Healthy Cooking: Tuna-Potato Salad

Arugula and sorrel add oomph to this satisfying recipe from **Katy Millard**, the chef and co-owner of Coquine in Portland, Oregon. The flavor-packed vinaigrette is guaranteed to become one of your favorites.

SORREL SWAP

The tangy green has a fleeting season. If it's unavailable, use baby spinach and a little lemon juice.

Tuna-and-Potato Salad with Sorrel Vinaigrette

Total **45 min;** Serves **6**

SORREL VINAIGRETTE

- **5 Tbsp. extra-virgin olive oil**
- **½ sweet onion, thinly sliced (1 cup)**
- **½ hothouse cucumber, peeled and cut into ¾-inch pieces**
- **2 cups packed sorrel leaves (see Note), stemmed**
- **¼ cup canola oil**
- **2 Tbsp. crème fraîche**
- **Kosher salt**

SALAD

- **1 lb. small potatoes, such as Yukon Gold or Carola**
- **Kosher salt and pepper**
- **2 Tbsp. extra-virgin olive oil**
- **1 hothouse cucumber (1 lb.), thinly sliced crosswise**
- **8 oz. arugula, thick stems discarded**
- **8 oz. best-quality tuna packed in olive oil, drained and flaked into large pieces**

1. Make the vinaigrette In a small nonstick skillet, heat 1 tablespoon of the olive oil. Add the onion and cook over low heat, stirring occasionally, until very soft but not browned, about 12 minutes. Scrape into a blender and let cool.

2. To the blender, add the cucumber and sorrel and puree until smooth. With the machine on, drizzle in the remaining ¼ cup of olive oil and the canola oil. Strain the vinaigrette into a small bowl, pressing on the solids. Whisk in the crème fraîche and season with salt. Cover and refrigerate.

3. Make the salad In a medium saucepan, cover the potatoes with 2 inches of water and season with salt. Bring to a simmer and cook until tender, about 30 minutes. Drain and let cool slightly. Thinly slice the potatoes and transfer to a medium bowl. Toss with the olive oil and season with salt.

4. In another bowl, combine the sliced cucumber and arugula with ¾ cup of the vinaigrette and season with salt and pepper; toss to coat. Mound the salad on plates and top with the potatoes and tuna. Garnish with pepper and serve the remaining vinaigrette on the side.

NOTE If sorrel is unavailable, you can substitute 2 cups baby spinach plus 1 tablespoon fresh lemon juice.

MAKE AHEAD The vinaigrette can be refrigerated overnight.

WINE Brisk and herby Italian white: 2015 Bruna Pigato Le Russeghine.