

HEALTHY FRESH TUNA RECIPES



Tuna &
Bok Choy
Packets

Orange,
Watercress &
Tuna Salad

Pistachio-
Crusted Tuna
Steaks

Seared Tuna
Tataki Quinoa
Bowl

Grilled Tuna
Sandwich with
Lemon-Chili
Mayo

Tuna Pasta
with Olives &
Artichokes

Hanoi-Style
Tuna Patty
Salad

Healthy Fresh Tuna Recipes

TUNA & BOK CHOY PACKETS

✓ Heart Health ✓ Diabetes

✓ Weight Loss ✓ Gluten Free

ACTIVE: 15 MIN **TOTAL:** 30 MIN

Steaming fish and vegetables together in a tin-foil packet is a great way to keep the tuna moist and have little to clean up. If baby bok choy is not available, use 8 cups chopped mature bok choy for this quick fish recipe.

- 1/4 cup horseradish mustard
- 1/4 cup finely chopped parsley, divided
- 2 tablespoons water
- 1/4 teaspoon freshly ground pepper
- 2 baby bok choy, trimmed and quartered lengthwise
- 1 tablespoon extra-virgin olive oil
- 1-1 1/4 pounds tuna (see *Tip*), wild salmon, mahi-mahi or cod, skinned if desired, cut into 4 portions

1. Preheat oven to 475°F.
2. Combine mustard, 3 tablespoons parsley, water and pepper in a small bowl. Toss bok choy, oil and 2 tablespoons of the mustard sauce in a large bowl.
3. Cut four 20-inch sheets of foil. Arrange 2 bok choy quarters in the center of each piece, top with a portion of fish and 1 tablespoon of the remaining sauce. Bring the short ends of foil together, fold over and pinch to seal. Pinch the side seams together to seal the packets and place on a large baking sheet.
4. Bake the packets until the fish is opaque in the center, about 15 minutes (depending on thickness). When opening a packet to check for doneness, be careful of the steam. Serve, sprinkled with the remaining 1 tablespoon parsley.

SERVES 4: 3-4 OZ. FISH & 2 PIECES OF BOK CHOY EACH

Per serving: 201 calories; 7 g fat (1 g sat, 3 g mono); 46 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 30 g protein; 2 g fiber; 258 mg sodium; 1,008 mg potassium.

Nutrition bonus: Vitamin A (114% daily value), Vitamin C (63% dv), Potassium (29% dv), Iron (18% dv), Folate (15% dv).

Carbohydrate servings: 0

Exchanges: 1/2 vegetable, 4 lean meat, 1 fat



TIP

While the issues around tuna are complex, a good rule of thumb is that most U.S.-caught tuna, including Hawaiian, is considered a good or best choice for the environment because it is more sustainably fished. Look for tuna that was caught with a pole, called “troll,” “pole” or “hook & line” caught. If the method of catch is not on the label, ask your fishmonger how it was caught and tell him you want to know in the future. Avoid all bluefin and any species of imported longline tuna. For more information, visit seafoodwatch.org

Healthy Fresh Tuna Recipes

ORANGE, WATERCRESS & TUNA SALAD

☒ Heart Health ☒ Diabetes
☒ Weight Loss ☒ Gluten Free

ACTIVE: 35 MIN **TOTAL:** 35 MIN

This vibrant salad recipe contrasts flavor, texture and color—the velvety tuna steak is matched with crisp, peppery watercress and the floral tart-sweetness of blood oranges and aniseed. Blood oranges make the dish especially pretty—they’re available December through March. If you can’t find them, use any oranges that look good.

- 3 medium oranges
- 1 tablespoon canola oil
- 1 tablespoon rice vinegar
- 1 teaspoon minced crystallized ginger or fresh ginger
- ½ teaspoon ground coriander
- ½ teaspoon aniseed, chopped or crushed, divided
- ½ teaspoon kosher salt, divided
- Pinch of cayenne pepper
- 1-1¼ pounds tuna steaks (about 1 inch thick), cut into 4 portions (see Tip, page 2)
- ¼ teaspoon freshly ground pepper
- 1 cup loosely packed tiny watercress sprigs or leaves (¾-1-inch long)

1. Peel oranges with a sharp knife, removing all peel and white pith. Working over a medium bowl, cut the segments from the surrounding membranes and let them drop into the bowl. Squeeze the peels and membranes over the bowl to extract all the juice before discarding them. Gently stir in oil, vinegar, ginger, coriander, ¼ teaspoon aniseed, ¼ teaspoon salt and cayenne. Set aside.
2. Position oven rack 5 to 6 inches from the broiler; preheat to high. Cover a broiler pan with foil.
3. Season tuna with the remaining ¼ teaspoon each aniseed, salt and pepper. Place on the prepared pan. Broil for about 2 minutes per side for medium-rare, 4 minutes per side for medium or to desired doneness.
4. Stir watercress into the orange mixture. Slice the tuna, divide among 4 plates and top with equal portions of the salad. Serve immediately.



SERVES 4

Per serving: 208 calories; 4 g fat (0 g sat, 2 g mono); 44 mg cholesterol; 13 g carbohydrate, 0 g added sugars, 29 g protein; 3 g fiber; 195 mg sodium; 712 mg potassium.

Nutrition bonus: Vitamin C (94% daily value), Potassium (21% dv).

Carbohydrate servings: 1

Exchanges: 1 fruit, 4 lean meat

Healthy Fresh Tuna Recipes

PISTACHIO-CRUSTED TUNA STEAKS

☒ Heart Health ☒ Diabetes
☒ Weight Loss ☐ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Pistachio crust teams up with a savory mustard-dill sauce for an exceptional tuna dish. Choose “sushi grade” tuna steaks if you prefer a milder flavor. Serve with brown rice and steamed broccolini.

- 1 tablespoon thinly sliced shallot
- 1 bay leaf
- ½ cup white wine
- 3 tablespoons reduced-fat sour cream
- 2 teaspoons lemon juice
- 2 teaspoons chopped fresh dill, divided
- 1 teaspoon whole-grain mustard
- ½ teaspoon salt, divided
- ¼ cup coarse dry breadcrumbs, preferably whole-wheat (see Tip)
- ¼ cup shelled pistachios
- 4 4-ounce tuna steaks, 1-1¼ inches thick
- 1 teaspoon extra-virgin olive oil

- 1.** Place shallot, bay leaf and wine in a small saucepan and bring to a boil. Reduce until the wine is almost evaporated, about 5 minutes. Remove from the heat, discard bay leaf and transfer to a small bowl. Add sour cream, lemon juice, 1 teaspoon dill, mustard and ¼ teaspoon salt; stir to combine.
- 2.** Put breadcrumbs, pistachios, the remaining 1 teaspoon dill and ¼ teaspoon salt in a blender or food processor. Process until finely ground. Transfer to a shallow bowl. Dredge both sides of the tuna in the pistachio mixture.
- 3.** Heat oil in a large nonstick skillet over medium heat. Add the tuna and cook until browned, adjusting the heat as necessary to prevent burning, 4 to 5 minutes per side for medium-rare. Serve with the lemon-dill sauce.

SERVES 4

Per serving: 241 calories; 7 g fat (2 g sat, 3 g mono); 55 mg cholesterol; 8 g carbohydrate; 29 g protein; 1 g fiber; 402 mg sodium; 635 mg potassium.

Nutrition bonus: Magnesium & Potassium (18% daily value).

Carbohydrate servings: ½

Exchanges: ½ starch, 4 lean meat



TIP

We like Ian's brand of coarse dry whole-wheat breadcrumbs, labeled "Panko breadcrumbs." Or, make your own breadcrumbs: Trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. One slice makes about ⅓ cup. Spread the breadcrumbs on a baking sheet and bake at 250°F until dry and crispy, about 15 minutes.

Healthy Fresh Tuna Recipes

SEARED TUNA TATAKI QUINOA BOWL

☒ Heart Health ☐ Diabetes
☐ Weight Loss ☒ Gluten Free

ACTIVE: 45 MIN **TOTAL:** 45 MIN

In this healthy tuna and quinoa recipe, tuna steaks are flash-cooked, sliced, then tossed in a quick, gingery marinade. The tuna, vegetables and seaweed get dressed with some of the flavor-packed tataki marinade and served over protein-rich quinoa.

- 1 cup thinly sliced red onion
- ¼ cup reduced-sodium soy sauce
- 3 tablespoons lime juice
- 2 tablespoons mirin (see Tip)
- 1 tablespoon finely grated ginger
- 2 cups water
- 1 cup quinoa
- 1 pound ahi (yellowfin) tuna (see Tip, page 2)
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 tablespoons canola oil, divided
- 1⅓ cups matchstick-cut carrots
- 1⅓ cups matchstick-cut seeded cucumber
- 4 sheets toasted nori, snipped into ½-inch squares

1. Combine onion, soy sauce, lime juice, mirin and ginger in a 7-by-11-inch (or similar-size) baking dish. Set aside to marinate.
2. Bring water to a boil in a medium saucepan. Stir in quinoa. Reduce heat to a simmer, cover and cook until the grains are tender and reveal their spiraled germ, about 15 minutes. Remove from heat, uncover and fluff.
3. Meanwhile, season tuna on both sides with salt and pepper. Heat 1 tablespoon oil in a large skillet over high heat. Add tuna and sear for 1 minute on each side for medium-rare. Transfer to a cutting board and cut into ½-inch slices. Remove the onions from the marinade with a slotted spoon and reserve; transfer the sliced tuna to the marinade. Gently toss to coat and let sit 5 minutes. Use tongs to transfer the tuna back to the cutting board and cut into cubes.
4. Add the remaining 2 tablespoons oil to the marinade; stir 3 tablespoons of the mixture into the quinoa. Divide the quinoa among 4 shallow bowls and top with equal



portions of the tuna, reserved onions, carrot, cucumber and nori. Drizzle with the remaining marinade and serve immediately.

SERVES 4

Calories 431, **Fat** 14g (sat 1g), **Cholesterol** 44mg, **Carbs** 39g, **Total sugars** 8g (added 0g), **Protein** 36g, **Fiber** 5g, **Sodium** 757mg, **Potassium** 974mg.

Nutrition bonus: Vitamin A (93% daily value), Vitamin B12 (39% dv), Magnesium (36% dv), Potassium (28% dv), Folate (25% dv), Iron (19% dv), Vitamin C (15% dv).

TIP

Mirin is a sweet, low-alcohol rice wine essential in Japanese cooking. Look for it in your supermarket with the Asian or gourmet ingredients. It will keep for several months in the refrigerator. An equal portion of sherry or white wine with a pinch of sugar can be used as a substitute.

Healthy Fresh Tuna Recipes

GRILLED TUNA SANDWICH WITH LEMON-CHILI MAYO

☒ Heart Health ☐ Diabetes
☐ Weight Loss ☐ Gluten Free

ACTIVE: 35 MIN **TOTAL:** 35 MIN

TO MAKE AHEAD: Wrap and refrigerate the sandwiches for up to 4 hours.

Sturdy “country-style” bread works best for this healthy tuna sandwich recipe with watercress and chili-mayo. Eat the tuna sandwich warm, straight off the grill, or wrap it up and pack it in a cooler for a picnic dinner. Serve with grilled bell peppers drizzled with extra-virgin olive oil and vinegar and a glass of Sauvignon Blanc.

- 8 slices whole-wheat or sourdough bread
- 3 tablespoons canola oil
- 2 8-ounce tuna fillets (see *Tip*, page 2), about 1 inch thick
- ½ teaspoon plus 1 tablespoon chili powder, divided
- ¼ teaspoon salt
- ½ cup low-fat mayonnaise
- 1 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 3 cups watercress or baby arugula, tough stems removed

1. Preheat grill to medium-high.
2. Lightly brush bread slices with oil. Brush tuna with the remaining oil and sprinkle with ½ teaspoon chili powder and salt.
3. Grill the tuna, turning once, until cooked through, 4 to 6 minutes per side. Transfer to a clean cutting board. Grill the bread, turning once, until beginning to brown, about 1 minute per side.
4. Combine mayonnaise, lemon zest, lemon juice and the remaining 1 tablespoon chili powder in a small bowl. Thinly slice the tuna with the grain.
5. To assemble the sandwiches, spread about 2 tablespoons of the lemon-chili mayonnaise over 4 slices of bread. Top with about ¾ cup watercress (or arugula), the tuna and the remaining slices of bread.

SERVES 4



Per serving: 442 calories; 19 g fat (2 g sat, 9 g mono); 52 mg cholesterol; 32 g carbohydrate; 4 g added sugars; 36 g protein; 5 g fiber; 753 mg sodium; 781 mg potassium.

Nutrition bonus: Vitamin A (33% daily value), Magnesium (24% dv), Potassium (23% dv), Vitamin C (22% dv), Iron (16% dv).

Healthy Fresh Tuna Recipes

TUNA PASTA WITH OLIVES & ARTICHOKES

☒ Heart Health ☐ Diabetes
☐ Weight Loss ☐ Gluten Free

ACTIVE: 40 MIN **TOTAL:** 40 MIN

Here we toss grilled tuna with pasta, artichoke hearts, green olives and tomatoes. Grilling the tuna gives this ultra-fresh pasta dish a subtle smokiness. But if you're pressed for time, try canned tuna in place of the grilled fish.

- 8 ounces tuna steak (see *Tip*, page 2), cut into 3 pieces
- 4 tablespoons extra-virgin olive oil, divided
- 2 teaspoons freshly grated lemon zest
- 2 teaspoons chopped fresh rosemary or 1 teaspoon dried, divided
- ½ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 6 ounces whole-wheat gobbetti, rotini or penne pasta
- 1 10-ounce package frozen artichoke hearts, thawed and squeezed dry
- ¼ cup chopped green olives
- 3 cloves garlic, minced
- 2 cups grape tomatoes, halved
- ½ cup white wine
- 2 tablespoons lemon juice
- ¼ cup chopped fresh basil or parsley for garnish

1. Preheat grill to medium-high. Put a large pot of water on to boil.
2. Toss tuna pieces in a bowl with 1 tablespoon oil, lemon zest, 1 teaspoon fresh rosemary (or ½ teaspoon dried), ¼ teaspoon salt and pepper. Grill the tuna until just cooked through, about 3 minutes per side. Transfer to a plate. When cool enough to handle, flake the tuna into bite-size pieces.
3. Meanwhile, cook pasta according to package directions. Drain.
4. Heat the remaining 3 tablespoons oil in a large skillet over medium heat. Add artichoke hearts, olives, garlic and the remaining rosemary. Cook, stirring, until the garlic is just beginning to brown, 3 to 4 minutes. Add tomatoes and wine; bring to a boil and cook, stirring occasionally, until the tomatoes are broken down and the wine has reduced slightly, about 3 minutes more. Stir in the pasta, tuna pieces, lemon juice and



the remaining ¼ teaspoon salt; cook until heated through, 1 to 2 minutes. Garnish with basil (or parsley), if desired.

SERVES 4: ABOUT 2 CUPS EACH

Per serving: 421 calories; 17 g fat (2 g sat, 11 g mono); 26 mg cholesterol; 42 g carbohydrate; 0 g added sugars; 22 g protein; 9 g fiber; 489 mg sodium; 720 mg potassium.

Nutrition bonus: Vitamin C (33% daily value), Folate (32% dv), Magnesium (25% dv), Potassium (21% dv).

Healthy Fresh Tuna Recipes

HANOI-STYLE TUNA PATTY SALAD



ACTIVE: 1 HR TOTAL: 1 HR

TO MAKE AHEAD: Cover and refrigerate the dressing (Step 4) for up to 1 week. Cover and refrigerate the tuna mixture (Steps 1-2) for up to 12 hours.

This tuna-patty-topped salad, featuring rice noodles, fresh herbs and lots of fresh vegetables, deliciously exemplifies the Vietnamese approach to healthy eating.

TUNA PATTIES

- 1¼ pounds tuna steaks
- ¼ cup finely chopped scallions
- 3 tablespoons finely chopped red onion
- 1 tablespoon minced fresh ginger
- 2 teaspoons fish sauce
- 1 teaspoon reduced-sodium soy sauce
- 1 teaspoon brown sugar
- ½ teaspoon freshly ground pepper

SALAD & DRESSING

- ½ cup water
- 3 tablespoons fish sauce
- 2 tablespoons granulated sugar
- 2 tablespoons rice vinegar or cider vinegar
- 2 tablespoons lime juice
- 1 tablespoon minced fresh ginger
- 1 small clove garlic
- 12 ounces thin rice noodles or thin rice sticks
- 6 cups shredded romaine lettuce
- 2 cups mung bean sprouts

GARNISHES

- 2 medium carrots, julienned or grated
- ½ English cucumber, thinly sliced
- 1 small red onion, thinly sliced
- Sprigs of fresh cilantro, mint and/or basil (preferably Asian basil)

1. To prepare tuna: With a large chef's knife, chop tuna using quick, even, straight-up-and-down motions (do not rock the knife through the fish or it will turn mushy). Continue chopping, rotating the knife, until you have a mass of roughly ¼-inch pieces.

2. Place the tuna, scallions, onion, ginger, 2 teaspoons fish sauce, soy sauce, brown sugar and pepper in a large mixing bowl.



Gently combine, without overmixing, until evenly incorporated. Cover and refrigerate while you prepare the rest of the salad or up to 12 hours.

3. To prepare salad: Combine water, 3 tablespoons fish sauce, granulated sugar, vinegar, lime juice, ginger and garlic in a large bowl; stir until the sugar is dissolved. Reserve ½ cup of the dressing in a small bowl.

4. Bring a large saucepan of water to a boil. Add rice noodles and stir to separate well. Boil until soft but still resilient, 2 to 5 minutes or according to package directions. Drain and rinse the noodles under cold running water. Drain well, transfer to a medium bowl and toss with 2 tablespoons of the reserved dressing.

5. Add lettuce and bean sprouts to the dressing in the large bowl; toss to coat. Divide the mixture among 6 shallow serving bowls. Top with equal portions of the noodles.

6. Form the tuna mixture into 6 patties, about ¾ inch thick. Coat a large nonstick skillet with cooking spray and place over medium heat. Add the patties and cook until firm to the touch, 2 to 3 minutes per side.

7. Place a tuna patty on top of each salad and drizzle each portion with some of the remaining dressing. Serve with a platter of carrots, cucumber, red onion and herbs and let diners choose their own garnishes.

SERVES 6

Per serving: 359 calories; 1 g fat (0 g sat, 0 g mono); 43 mg cholesterol; 61 g carbohydrate; 25 g protein; 2 g fiber; 809 mg sodium; 630 mg potassium.

Nutrition bonus: Vitamin A (60% daily value), Vitamin C (35% dv), Folate (26% dv), Potassium (19% dv), Iron (15% dv).

Carbohydrate servings: 4

Exchanges: 3½ starch, 1 vegetable, 3 lean meat

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A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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