

# Sesame Soy Grilled Tuna



Sesame Soy

## Grilled Tuna

Sesame Soy Grilled Tuna that tastes just like your favorite restaurant but is made at home. Don't be intimidated to cook this easy grilled or pan seared tuna at home for a healthy and delicious dinner.

## Ingredients

- $\frac{1}{3}$  cup low sodium soy sauce
- 3 tablespoons rice vinegar
- 2 green onions, chopped
- 1 garlic clove, minced
- 2 teaspoons sesame oil
- 1 teaspoon ginger, minced
- $\frac{1}{2}$  teaspoon black pepper
- 24 ounces ahi tuna steaks (about 6 oz each piece)
- 1 tablespoon sesame seeds

## Method

1. Combine the soy sauce, rice vinegar, green onions, garlic,

sesame oil, ginger, and pepper.

2. Marinate the tuna in this mixture in the refrigerator for at least 30 minutes, two hours or more is ideal. If you can, remove the tuna from the fridge twenty minutes before cooking so it can come to room temperature.

3. When ready to cook, remove the tuna from the marinade, brushing off any green onions.

4. Brush the grill with cooking spray. Cook the tuna for about 3 minutes on each side for medium rare. For medium well, cook about 5 minutes on each side.

5. Sprinkle with sesame seeds and serve.

Source: Slender Kitchen (4 servings)

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## Marinated Seared Ahi



### **Marinated Seared Ahi**

Here's the most amazing Marinated Seared Ahi you can make at home! It's bursting with flavor, super easy to make, and fantastic as an appetizer or healthy dinner.

### **Ingredients**

2 tablespoons regular strength soy sauce

2 tablespoons freshly squeezed lemon juice

1 tablespoons Asian toasted sesame oil (found in the Asian

aisle)

2 teaspoons garlic powder

2 teaspoons granulated sugar

1 teaspoon kosher salt

1 teaspoon freshly cracked black pepper

2 to 2 1/2 lbs fresh ahi tuna steaks, about 1 1/2-1 2/3 inches thick

oil for cooking

Optional: freshly chopped cilantro, green scallions, sesame seeds for garnish.

Optional: Sriracha mayo for drizzling (really good!)

### Method

1. In a bowl, whisk together the first 7 ingredients to make a marinade. Towel dry tuna steaks and place in a glass or ceramic dish. Pour marinade over the fish, turning to coat well throughout. Cover tightly and chill several hours to overnight; turn fish over at least once in the middle of marinade time.

2. Heat 3 TB oil in a large heavy skillet (aluminum or stainless steel; not nonstick) until oil is smoking. Sear ahi steaks 1 1/2 minutes per side on high heat, taking care to flip carefully with a flat, steel spatula. (If your tuna is less than 1 1/2 inches thick, sear for only 1 minute per side.)

3. Transfer seared ahi to a large cutting board and let rest/cool 10 minutes. Use a very sharp (serrated works well) knife to slice thinly across the grain.

4. Serve chilled or at room temp, over your favorite salad greens. Sprinkle with sesame seeds and cilantro or green onions, if desired. Drizzle with Sriracha mayo if desired.

### Notes

Seared ahi is best eaten on same day. However, leftovers can be tightly wrapped and chilled for up to 1 day. A good quality Riesling is superb with this dish!

### Prep

- Prep: 10 Minutes
- Cook: 2 Minutes

- Total Time: 12 Minutes

Source: Chew Out Loud (4 servings)

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## Seared Ahi Tuna

### Seared Ahi Tuna

Ahi tuna, also known as yellowfin tuna, marinated in sesame oil, soy sauce, ginger, garlic, green onion, and lime juice, then pan seared.

### Ingredients

2 (6-8 ounce) ahi tuna steaks (3/4 of an inch thick)  
2 tablespoons dark sesame oil  
2 tablespoons soy sauce (or 2 teaspoons of wheat-free tamari for gluten-free option)  
1 tablespoon of grated fresh ginger  
1 clove garlic, minced  
1 green onion (scallion) thinly sliced (a few slices reserved for garnish)  
1 teaspoon lime juice

### Method

1. Mix the marinade ingredients together and coat the tuna steaks with the marinade, cover tightly, and refrigerate for at least an hour.
2. Heat a non-stick skillet over medium high to high heat. When the pan is hot, remove the tuna steaks from the marinade and sear them for a minute to a minute and a half on each side ( even a little longer if you want the tuna less rare than pictured.)
3. Remove from pan and slice into 1/4-inch thick slices. Sprinkle with a few green onion slices.

4. Can serve plain, with white rice, or over lettuce or thinly sliced cabbage or fennel. Shown served over sliced fennel salad.

Source: Simply Recipes (2 servings)

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## Seared Ahi Tuna Steaks



### Seared Ahi Tuna Steaks

#### Ingredients

10 ounces ahi tuna steaks, 2 steaks, 5 ounces each  
1 teaspoon kosher salt  
 $\frac{1}{4}$  teaspoon cayenne pepper  
 $\frac{1}{2}$  tablespoon butter  
2 tablespoons olive oil  
1 teaspoon whole peppercorns

#### Method

1. Season the tuna steaks with salt and cayenne pepper.
2. Melt the butter with the olive oil in a skillet over medium-high heat. Cook the peppercorns in the mixture until they soften and pop, about 5 minutes. Gently place the seasoned tuna in the skillet and cook to desired doneness, 1 1/2 minutes per side for rare.

## Notes

Be sure to use kosher salt, not table salt!

Source: All Recipes.com (2 servings)

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# Thai Tuna Burger

## Thai Tuna Burger

### Ingredients

2 sprays cooking spray  
1 pound uncooked tuna, sushi grade  
2 tablespoons cilantro, fresh, finely chopped  
1 tablespoon ginger root, grated or finely chopped  
1 tablespoon lemon grass, finely chopped  
2 medium garlic cloves, finely chopped  
2 teaspoons fish sauce  
1 tablespoon light mayonnaise  
 $\frac{1}{4}$  teaspoon sriracha chili sauce, or other hot sauce (to taste)  
4 light hamburger roll(s) or bun(s), toasted

### Method

1. Coat a large griddle, outdoor grill rack or stovetop grill pan with cooking spray; preheat to medium-high.
2. Cut tuna into bite-size chunks; pulse in a food processor 4 to 5 times. In a large bowl, combine tuna, cilantro, ginger, lemon grass, garlic and fish sauce; evenly divide mixture into four balls and then gently press each one into a 3 1/2-inch patty. Cook burgers 3 minutes per side for medium (or longer until desired degree of doneness).
3. Combine mayonnaise and Sriracha in a small bowl.
4. Serve each burger on a toasted bun with about 3/4 teaspoon mayonnaise mixture.

## Notes

If you can't find lemon grass, use 1 teaspoon finely grated lemon zest in its place.

## Prep

- Cook: 6 Minutes
- Prep: 20 Minutes
- Total Time: 26 Minutes

Source: Weight Watchers (Servings: 4 | Yield: 4 burgers)

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# Spanish Tuna-Potato Salad



## Spanish Tuna-Potato Salad

### Ingredients

2 lbs. small red potatoes, cut into 2-inch pieces

$\frac{1}{2}$  cup extra-virgin olive oil

Salt and pepper to taste

$\frac{1}{4}$  cup sherry vinegar

1 red bell pepper, cut into 1 1/2-inch pieces

1 poblano chile, cut into 1 1/2-inch pieces

1 small sweet onion, thinly sliced

3 tablespoons capers, drained and rinsed

3 tablespoons chopped fresh oregano, basil or mint

2 teaspoons smoked sweet paprika  
6-9 ounces good-quality tuna, packed in oil

#### Method

1. Preheat oven to 400°F.
2. Place potatoes in a shallow baking dish. Drizzle with olive oil and season to taste with salt and pepper. Roast potatoes for 20 minutes or until tender. Remove from oven and place in a large bowl. Add the sherry vinegar and marinate for 10 minutes. Add remaining vegetables, herbs and paprika. Adjust seasoning adding salt, pepper and paprika to taste. Separate tuna with a fork and gently toss with mixture.
3. Serve chilled or at room temperature.

#### Notes

For a spicier version, add a cup of diced Spanish chorizo  
Source: Central Market (4 servings)

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## Tuscan-Style Tuna Salad

### **Tuscan-Style Tuna Salad**

This streamlined version of a northern Italian idea is perfect for a summer evening: no-fuss, no-cook and big taste. You can even make it ahead and store it, covered, in the refrigerator for several days. If you do, use it as a wrap filling for the next day's lunch.

#### Ingredients

2 6-ounce cans chunk light tuna, drained (see Note)  
1 15-ounce can small white beans, such as cannellini or great northern, rinsed (see Ingredient note)  
10 cherry tomatoes, quartered  
4 scallions, trimmed and sliced



2 tablespoons extra-virgin olive oil  
2 tablespoons lemon juice  
 $\frac{1}{4}$  teaspoon salt  
Freshly ground pepper, to taste

#### Method

Combine tuna, beans, tomatoes, scallions, oil, lemon juice, salt and pepper in a medium bowl. Stir gently. Refrigerate until ready to serve.

#### Prep

- Active: 10 Minutes

Source: EatingWell.com (4 servings)

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## [Mediterranean Tuna Cakes with Citrus Mayonnaise](#)



### **Mediterranean Tuna Cakes with Citrus Mayonnaise**

Fresh tuna makes all the difference in this recipe and is worth the expense. Pulse it about 5 times in the food processor to finely chop.

#### Ingredients

## Mayonnaise:

2 tablespoons fat-free mayonnaise  
1 tablespoon fat-free milk  
 $\frac{1}{2}$  teaspoon grated lime rind  
1 tablespoon fresh lime juice  
 $\frac{1}{8}$  teaspoon ground cumin  
 $\frac{3}{4}$  lbs. tuna steaks, finely chopped  
 $\frac{3}{4}$  cup finely chopped red bell pepper  
1 tablespoon chopped fresh or 1 teaspoon dried mint  
1 tablespoon chopped fresh cilantro  
1 tablespoon dry breadcrumbs  
1 tablespoon finely chopped onion  
1 tablespoon fat-free mayonnaise  
1 teaspoon lemon juice  
 $\frac{1}{8}$  teaspoon salt  
2 tablespoons dry breadcrumbs  
1 teaspoon olive oil  
Cooking spray

## Method

1. To prepare mayonnaise, combine first 5 ingredients in a small bowl. Cover and chill.
2. To prepare tuna cakes, combine tuna and next 8 ingredients (tuna through salt) in a bowl; stir until well-blended. Divide tuna mixture into 4 equal portions; shape each into a 1/2-inch-thick patty. Dredge patties in 2 tablespoons breadcrumbs.
3. Heat oil in a nonstick skillet coated with cooking spray over medium-high heat until hot. Add patties, and cook 3 minutes on each side or until browned. Serve with mayonnaise.

## Notes

Marge Perry, Cooking Light

OCTOBER 1999

Source: MyRecipes.com (2 servings | 2 servings (2 tuna cakes and 2 tablespoons mayo per serving))

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# Zuni's Pasta with Preserved Tuna



## Zuni's Pasta with Preserved Tuna

### Ingredients

1 pound penne  
 $\frac{1}{2}$  cup olive oil  
1 tablespoon lemon zest, in thin strips  
1 bay leaf  
 $\frac{1}{2}$  teaspoon chili flakes , (optional, for the sake of small humans)  
 $\frac{1}{2}$  teaspoon black pepper, (optional, for the same reason)  
2 garlic cloves, slivered  
 $\frac{1}{4}$  teaspoon fennel seeds  
 $\frac{1}{4}$  cup pine nuts  
1 tablespoon preserved lemon, rinsed and chopped (optional)  
2 tablespoons capers, coarsely chopped  
12 ounces olive oil-packed tuna, (slightly more or less is fine)

### Method

1. Set a large pot of salted water to boil.
2. In a small skillet, gently warm the olive oil with the lemon zest, bay leaf, chili flakes and black pepper (if

using), garlic, and fennel seeds. Cook for about 15 minutes over very low heat to let the flavors infuse the oil. Then add the canned tuna, pine nuts, capers, and preserved lemon (if using). Gently nudge apart the tuna and let it warm up but not cook.

3. Meanwhile, once the water boils, cook the pasta until al dente. Drain well and toss in a serving bowl with the tuna mixture. Serve.

Source: food52.com (4 servings)

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## Balsamic-Glazed Tuna



This was quite tasty!

### **Balsamic-Glazed Tuna**

#### Ingredients

Cooking spray

1  $\frac{1}{4}$  teaspoons coarsely ground black pepper

$\frac{1}{4}$  teaspoon salt

4 (6-ounce) tuna steaks (about  $\frac{3}{4}$  inch thick)

$\frac{1}{4}$  cup fat-free, less-sodium chicken broth

1 tablespoon balsamic vinegar

4 teaspoons dark brown sugar

- 1 tablespoon low-sodium soy sauce
- $\frac{1}{2}$  teaspoon cornstarch
- $\frac{1}{4}$  cup diagonally sliced green onions

#### Method

1. Place a grill pan coated with cooking spray over medium-high heat until hot. Sprinkle pepper and salt over fish. Place fish in grill pan; cook 3 minutes on each side until medium-rare or desired degree of doneness. Remove from heat.
2. Combine broth, vinegar, sugar, soy sauce, and cornstarch in a small saucepan. Bring to a boil; cook 1 minute, stirring constantly. Spoon glaze over fish; top with green onions.

#### Notes

5 WW PointsPlus

Source: Cooking Light (4 servings | 1 steak and 1 tablespoon glaze)