

## Grilled Tuna – 4 servings

1½ lbs of fresh tuna  
EVOO, salt and pepper  
1 lemon

Recipe: 791 Calories, 162 Pro, 13 Cho, 7 Fat, 791 Na  
6 oz serving: 198 Calories, 40 Pro, 3 Cho, 2 Fat, 198 Na



Cason Hund



A grilled tuna entrée tastes great. It is fairly easy to prepare and it cooks very quickly. Fresh tuna from the market has the best flavor. It is a simple preparation. Gather your ingredients. Allow 4-6 ounces of tuna per person, depending on hunger. Gather your EVOO, salt, pepper, and one lemon. Soy sauce (regular or low sodium), along with wasabi can add some extra flavor and kick.

Rub some EVOO on every surface of the tuna. Don't use too much as a little bit goes a long way! Then salt and pepper the tuna on both sides. Squeeze a little lemon juice over the top of the tuna and you are ready to cook, or you can place the tuna in the fridge for up to a couple of hours to allow the flavors to mesh.

Now for the cooking! Heat the griddle (or grill) up to medium high heat and allow it to come to temperature. Cook until the tuna is brown about one third of the way up. Flip. Allow to cook on the other side until desired temperature is reached. For optimal moisture, be sure to flip as little times as possible. One flip is all you will need once you get the hang of it. If you have a good quality tuna you will not need to cook until brown throughout. I enjoy mine rare to medium rare. The higher the heat is the quicker it will cook on the sides and not through the middle. If you prefer a higher temperature throughout you can turn the griddle to a medium or medium low heat and allow the tuna cook longer as it will cook more uniformly.

When ready, serve immediately to preserve the temperature and flavor. Top with wasabi and soy sauce to taste and enjoy. You can also couple this tuna with broccoli and light pasta for a great meal!