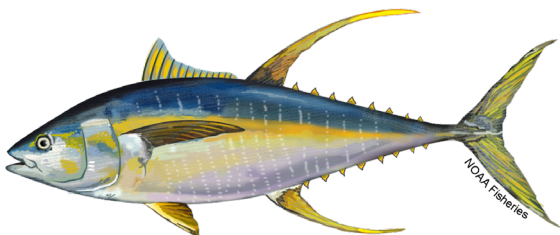




FISHWATCH® FRESH FACTS.
SMART SEAFOOD.

YELLOWFIN TUNA



U.S. wild-caught Pacific yellowfin tuna is a smart seafood choice because it is sustainably managed and responsibly harvested under U.S. regulations.

In the Eastern Pacific, adult yellowfin often swim below schools of dolphin. The tuna industry works with participating governments to reduce dolphin bycatch in the tuna purse seine fishery. NOAA Fisheries' Tuna Tracking & Verification Program monitors U.S. production and legal imports of all frozen and processed tuna products nationwide and verifies any associated dolphin-safe claim. For more information, visit DolphinSafe.gov.

Yellowfin tuna is low in saturated fat and sodium and is a good source of protein, thiamin, selenium, vitamin B6, and omega-3s.

www.fishwatch.gov



Herb-Broiled Yellowfin Tuna

Ingredients:

- 1 ½ pounds yellowfin tuna loin cuts, boneless and skinless, ¾-inch thick
- 1 tablespoon butter
- 1 tablespoon olive oil
- ½ teaspoon dried basil
- 4 teaspoons chopped parsley
- 1 teaspoon Dijon mustard
- ¼ cup lemon juice
- Salt and pepper to taste
- ½ teaspoon lemon peel, coarsely grated

1. Rinse tuna with cold water; pat dry with paper towels.
2. In a small saucepan, melt butter. Add basil, parsley, mustard, lemon juice, and salt and pepper to taste.
3. Place tuna in a glass ceramic baking dish; top with ¾ of the marinade. Marinate in the refrigerator for at least 30 minutes, turning once. Drain tuna and discard what's left of the marinade.
4. Place tuna on a well-greased broiler pan; baste with reserved marinade. Broil 4 to 5 inches from the source of heat for 3 minutes. Tuna should be pink in the center when removed from heat.
5. Transfer to a serving platter and sprinkle with lemon peel to serve.



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