



HEALTHY ST. PETE

Episode 1: Healthy Heart

Deputy Mayor Dr. Kanika Tomalin hosts American Heart Association Go Red Ambassador Katie Pemble and Baycare Nutritionist Diane Thomas as they discuss heart health and cooking healthy for guests.

Recipe: Broiled Tuna Steaks with Sautéed Asparagus

Serves 4 | 3 ounces fish per serving

For Tuna Steaks:

2 tsp grated lemon zest
½ cup fresh lemon juice
2 tbs minced garlic
2tbs finely chopped green onions
¾ tsp pepper
¾ tsp paprika
4 4-oz tuna steaks
Cooking spray
¼ tsp salt

In a medium glass bowl, stir together the lemon juice, garlic, green onions, pepper, and paprika. Pour half the mixture into a small glass bowl, cover and refrigerate. Pour the remaining half into a large shallow glass dish. Add the fish, turning to coat. Cover and refrigerate for 1 hour, turning once halfway through.

Shortly before the end of the marinating time, preheat the broiler. Line the broiler pan with aluminum foil. Lightly spray the foil with cooking spray. Drain the fish, discarding the marinade. Transfer the fish to the broiler pan.

Using a basting brush, brush the top of the fish with the reserved marinade. Broil about 4 inches from the heat for 3 minutes for medium rare to 5 minutes for medium. Turn over the fish. Using a clean basting brush, brush the fish with the marinade. Broil about 4 inches from the heat for 3 minutes for medium rare to 5 minutes for medium or desired doneness. Discard any remaining marinade.

Transfer the fish to plate and sprinkle with lemon zest and salt.

For Asparagus:

1 bundle fresh asparagus
1 tbsp Olive Oil
Pinch of Garlic Powder
2 tsp grated lemon zest

In medium saucepan on medium heat, coat asparagus in olive oil, add a pinch of garlic powder and 2 tsp of grated lemon zest and cook until al dente, about 10 minutes.

Recipe courtesy of American Heart Association Cook Book