

FOOD SAFETY IN THE KITCHEN



GRILLED TUNA WITH CHICKPEA AND SPINACH SALAD



Tuna is delicious when grilled or broiled and nutritious when prepared with food safety in mind!

Prep Time: 25 minutes **Cook Time:** 20 minutes
Yields: 4 servings **Serving size:** 1 tuna steak, 1 C salad

NUTRITION INFORMATION (per serving)

Calories: 282
Total Fat: 10 g
Saturated Fat: 2 g
Total Carbohydrate: 15 g
Protein: 31 g
Sodium: 418 mg
Dietary Fiber: 5 g

INGREDIENTS

- 1 tbsp olive or canola oil
 - 1 tbsp garlic, minced (about 2-3 cloves)
 - 2 tbsp lemon juice
 - 1 tsp dried oregano
 - 12 oz tuna steak, cut into 4 portions (3 oz each)
- For salad:**
- ½ bag (10 oz) leaf spinach
 - 1 medium tomato
 - 1/2 can (15 1/2 oz) low-sodium chickpeas (or garbanzo beans)
 - 1/8 tsp salt
 - 1/8 tsp pepper
 - 1 tbsp lemon juice

DIRECTIONS

1. Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
2. Wash hands for at least 20 seconds with soap under running water.
3. Combine oil, garlic, lemon juice, and oregano, and brush over tuna steaks. Marinate for 5-10 minutes. Wash hands after handling raw tuna steaks.
4. Using clean cooking utensils and surfaces, wash and dry spinach. Remove any damaged areas from tomato, then wash and cut into wedges.
5. Wash the top of the can of chickpeas with soap and water before opening. Drain and rinse chickpeas.
6. Keeping produce separate from tuna, combine all salad ingredients. (Salad can be made up to 2 hours in advance and refrigerated.)
7. Grill or broil tuna on high heat for 3-4 minutes on each side until the flesh is opaque and separates easily with a fork (to a minimum internal temperature of 145 °F).
8. Serve 1 tuna steak over 1 cup of mixed salad.
9. Within 2 hours, divide leftovers into shallow, sealed containers and place in a refrigerator set to 40 °F or below (as indicated by an appliance thermometer) or freeze at 0 °F or below.

Food Safety Reminder: Never allow raw seafood (or other meats) to touch salad ingredients or other produce that will not be cooked.

Recipe adapted from National Heart, Lung, and Blood Institute Deliciously Healthy Eating Recipes and available at: <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cId=0&rId=22>

March 2018

FDA

U.S. FOOD & DRUG
ADMINISTRATION