

Asian Styled Grilled Ahi Tuna Burger

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Very few things are more Americana than the traditional hamburger. This sandwich takes on flavors from the Pacific Rim with tastes of ginger, Asian chili sauce and sesame with crunches of water chestnuts. Ahi tuna (also known as yellow fin tuna) has the good fat, omega-3s with the sandwich having anti-inflammatory properties of ginger and chili. If you are not a fish lover, this “burger” is sure to please.

For the burger:

- 4 4-ounce ahi tuna steaks, each about $\frac{3}{4}$ of an inch thick
- 4 slices of red onion, $\frac{1}{4}$ inch thick
- Salt and pepper to taste
- 1 T olive oil to brush over the tuna steaks
- 4 toasted hamburger buns topped with sesame seeds
- $\frac{1}{4}$ cup pickled Japanese ginger (2 small plastic cups, usually located near the sushi rolls in the refrigerated section)
- $\frac{1}{4}$ cup drained water chestnuts
- 1 cup shredded Bok Choy (see below)



For the sauce:

- $\frac{1}{4}$ cup reduced fat or fat free mayonnaise
- 1T toasted sesame seeds
- 1t reduced sodium soy sauce

1t sesame oil

1t Asian Garlic Chili Sauce (available in the ethnic section of most grocery stores, adding more according to heat intensity preference)

For the sauce, combine all ingredients in a small bowl. The sauce can be made ahead of time. Refrigerate before using. Use within 2 days.

On a medium heated grill, add the 4 slices of red onion, lightly charring both surfaces. Brush the 4 tuna steaks with the olive oil. Season and place on the grill. Sear the tuna for 2-3 minutes on each side. Cook to a pink center, but do not overcook.

Assemble the “burger” after toasting the buns. First place the grilled red onion on the bottom of the bun. Then add the tuna. Top the tuna with 3-4 slices of the pickled ginger. Top with the water chestnuts (approximately 3 slices) and then the shredded Bok Choy. Use mostly the upper portion of the Bok Choy including leaves. Coat the inside surface of the top bun with 1 tablespoon of the sauce. Serve with added chili sauce if desired.

Serves 4. Serving size: 1 tuna burger.

Nutrition Info: Calories: 363, Total Fat: 14 g, Saturated Fat: 2 g, Trans Fat: 0 g, Cholesterol: 56 mg, Sodium: 456 mg, Carbohydrate: 26 g, Fiber: 3 g, Protein: 32 g
Diabetic Exchanges: 4 Very Lean Meat, 1 ½ Starch, 2 Fat

