



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

February 10th, 2015 Cooking Class

Featuring

Mary Ann Giordano
of Gigi's Cucina Povera

Pan Seared Ahi Tuna

Serves 6

Ingredients:

- About 24 ounces of fresh #2 Ahi tuna (4 oz. per person)
- 2 teaspoons Sesame seeds (to coat white or white and black)
- Kosher salt to taste
- Fresh ground black pepper
- Grape seed oil 1 teaspoon

Directions:

- 1) Season Tuna filets with kosher salt and black pepper
- 2) Place sesame seeds in a small pan or bowl, roll tuna pieces in sesame seeds to coat
- 3) In a hot sauté pan, (just starting to smoke) sear tuna on all sides to achieve golden brown crust, allow to rest 2 minutes. Using sharp knife slice tuna and arrange on serving plate.

Nutrition Facts	
Serving Size: 1 serving (115.1g)	
Servings: 6	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 28g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

