

**100%**
HEALTH SCORE

Rosemary Grilled Tuna Steaks with Eggplant and Zucchini



Gluten Free



Dairy Free



Very Healthy

READY IN

**30 min.**

SERVINGS

**4**

CALORIES

**499 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tuna steaks
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 4 servings coarse salt and pepper
- ☐ 6 sprigs rosemary fresh chopped
- ☐ 6 sprigs thyme leaves fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 4 servings olive oil extra-virgin for drizzling, 2 tablespoons
- ☐ 1 medium onion chopped
- ☐ 4 servings salt and pepper
- ☐ 2 small vine tomatoes diced ripe seeded
- ☐ 1 small baby squash yellow
- ☐ 1 small young firm
- ☐ 1 small zucchini

Equipment

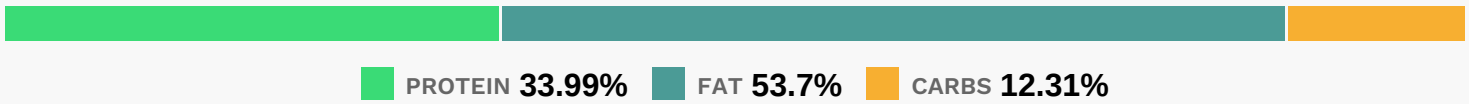
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat grill pan to high or preheat grill or charcoal. Coat tuna in balsamic and season with rosemary, salt and pepper.
- ☐ Drizzle fish with oil, coating lightly on both sides, about 2 tablespoons oil, total.
- ☐ Preheat a medium nonstick skillet over medium high heat.
- ☐ Add 2 tablespoons extra-virgin olive oil, 2 turns of the pan in a slow stream.
- ☐ Add garlic, onion and saute 2 or 3 minutes. Dice the zucchini and squash while the onion begins to soften.
- ☐ Add the zucchini and squash to the pan and turn to coat and combine with garlic and onion.
- ☐ Slice eggplant into strips and dice, then add to the pan. Turn to combine all of the vegetables.
- ☐ Add thyme, salt and pepper to season the mixture. Cook over medium high heat, stirring frequently, 10 minutes, until vegetables are just fork tender.
- ☐ Grill tuna 2 to 3 minutes on each side for rare, up to 6 minutes on each side for well done.
- ☐ When tuna is done and vegetables are fork tender, stir chopped tomatoes into eggplant and zucchini mixture and remove vegetables from heat.
- ☐ Serve wedges of vegetable antipasto, above recipe, along side tuna steaks topped with vegetable salsa. Extra antipasto slices and vegetables should be passed at the table.

- ☐ A nice Sicilian rose, chilled, makes a fine beverage companion.
- ☐ loaf crusty bread, 9 to 12 inches in length
- ☐ /4 cup sun-dried tomatoes in olive oil, drained, chopped -- 1/2 a small jar
- ☐ /4 cup black pitted calamata or oil cured olives, your preference, chopped
- ☐ /2 cup prepared pesto sauce
- ☐ /4 pound deli sliced provolone
- ☐ jar, 16 to 18 roasted red peppers, drained
- ☐ (15-ounce) can quartered artichoke hearts in water, drained
- ☐ cup giardiniera, pickled vegetables (hot pickled peppers, cauliflower, carrots available on the Italian foods aisle of market or in bulk bins near deli section with bulk olives)
- ☐ Coarse salt and black pepper
- ☐ Extra-virgin olive oil, for drizzling
- ☐ Cut the top off a loaf of crusty bread. Hollow out the inside of the bread.
- ☐ Mix parsley, chopped sun-dried tomatoes, chopped olives and store bought or homemade pesto sauce.
- ☐ Spread the mixture evenly across the bottom of the hollowed out bread.
- ☐ Layer the cheese into the loaf.
- ☐ Layer the roasted red peppers on top of the cheese. Coarsely chop the drained artichoke hearts and add them in a layer over the red peppers.
- ☐ Sprinkle in the chopped hot pickled vegetables and drizzle some extra-virgin olive oil on top. Replace the top, cut the stuffed loaf into pieces and serve.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:38.161739183509%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg

0.06mg, Apigenin: 0.06mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 499.45kcal (24.97%), Fat: 29.85g (45.92%), Saturated Fat: 5.15g (32.19%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 10.03g (3.65%), Sugar: 8.72g (9.69%), Cholesterol: 64.6mg (21.53%), Sodium: 464.98mg (20.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.51g (85.02%), Vitamin B12: 16.03µg (267.18%), Selenium: 63.08µg (90.11%), Vitamin A: 4310.92IU (86.22%), Vitamin B3: 16.08mg (80.42%), Vitamin D: 9.69µg (64.6%), Vitamin B6: 1.09mg (54.72%), Phosphorus: 508.01mg (50.8%), Vitamin E: 5.39mg (35.95%), Vitamin B1: 0.52mg (34.54%), Vitamin B2: 0.57mg (33.26%), Magnesium: 123.13mg (30.78%), Vitamin C: 24.45mg (29.64%), Potassium: 1022.05mg (29.2%), Manganese: 0.57mg (28.43%), Vitamin B5: 2.32mg (23.19%), Vitamin K: 22.56µg (21.48%), Fiber: 5.36g (21.45%), Copper: 0.33mg (16.34%), Iron: 2.88mg (15.98%), Folate: 57.2µg (14.3%), Zinc: 1.58mg (10.51%), Calcium: 57.98mg (5.8%)