

Grilled Yellowfin Tuna with Mango and Asparagus

Chef Jim Newcomb

Yesterday's Restaurant Bar

Nutritional Facts

Serving Size: 1

Calories - 281

Protein - 40

Fat - 2

Sodium- 62

Ingredients:

1 ea 6 oz tuna steak

½ mango - criss cross cut

6 asparagus - drizzled with olive oil and garlic

1 oz balsamic reduction*

Salt & pepper to taste

*75% reduction of balsamic vinegar



Directions for Grilled Yellowfin Tuna:

Heat grill and prep ingredients. Season the tuna, asparagus and mango with salt and pepper. Spray grill with non-stick, non-fat spray. Grill tuna, asparagus and mango. *(The grill time on the tuna will depend on the temperature of the grill and the thickness of the tuna)*. Finally, plate all and drizzle with balsamic reduction.