

## Grilled Tuna

Fish is an excellent food for nourishing qi and yin. The oils in fish contain omega-3 fatty acids which have been shown to reduce risk of certain cancers and lower the “bad” cholesterol. Tuna is particularly nourishing to the spleen which is why it has been chosen for this section. This recipe will work with any firm fleshed fish, and is also really yummy with salmon.

4 4oz. fresh albacore or yellowtail tuna fillets  
1 Tbsp. minced garlic  
1 Tbsp. grated ginger  
2 Tbsp. rice vinegar  
1 tsp. yellow or white miso (fermented soybean paste)  
2 Tbsp. soy sauce  
1 tsp. sesame oil

Place fish in a glass bowl. Combine all other ingredients and pour over fish. Turn fish several times to coat with the marinade. Cover and refrigerate for 1-2 hours.

Spray a grill rack with non-stick spray, and preheat the grill.

Place marinated tuna on the grill, and cook until done. Depending on the thickness of the fillets, this will take 5-10 minutes of cooking per side. This fish should be warmed through, but still moist in the center. Serve immediately.

4-6 servings