

FFF Ahi Tuna Poke

Recipe By: Fiscallyfitfoodie.com -- James B.

Serves 2-3



Ingredients

- ½ lb Ahi Tuna (frozen and/or sushi grade)
- 1 small/medium avocado, diced
- 2 tbsp cucumber, peeled and diced (optional – adds texture)
- ¼ cup green onion (green parts), sliced + 1-2 tbsp to finish
- 2 tbsp + 2 tsp (1/6 cup) low sodium soy sauce
- 1 tbsp (about half of a small lemon) lemon juice
- 1 tbsp sesame oil
- 1.5 tsp chili sauce (sriracha)
- ½ tsp finely grated (micro-planed) fresh ginger
- 2 tsp toasted sesame seeds, sprinkled on top at the end

Directions

1. Add ¼ cup of the chopped green onion, lemon juice, soy sauce, sesame oil, sriracha, and ginger in a non-reactive bowl (discussed in this blog post:). Mix together thoroughly with a whisk. Refrigerate for about 15 minutes to let flavors marry.
2. Cut the tuna into ¼ inch cubes and add to the mixture. Stir together gently, coating the fish. Refrigerate for about 10 more minutes (no longer, as the fish may become mushy).
3. Add diced avocado (and cucumber, if using), stir together gently.
4. Top with green onions and toasted sesame seeds and serve immediately with chopsticks or toothpicks.

Nutrition (per serving...3 appetizer servings total for recipe): 190 calories, 6g carbs, 10g fat (avocado/sesame oil), and 19g protein. (calculated with www.myfitnesspal.com/recipe/calculator).