



FISHWATCH

FRESH FACTS. SMART SEAFOOD.

ALBACORE TUNA



According to the best available science, Pacific albacore tuna are healthy and are harvested at sustainable levels. The majority of the albacore harvested off the U.S. West Coast is caught with troll or pole-and-line gear, both of which have no significant bycatch issues.

Albacore is a heart-healthy protein choice as it is low in fat and cholesterol. The FDA and EPA recommend that nursing moms, moms-to-be, and young children only eat up to 6 ounces of albacore tuna per week, as some canned albacore (“white”) tuna may have more mercury than canned “light” tuna (skipjack, yellowfin, and bigeye tuna). However, mercury levels largely depend on the age and size of tuna when caught, and independent research suggests that smaller, younger albacore caught with troll and pole-and-line gear generally have lower mercury levels than the larger, longline-caught albacore.

Most of the albacore harvested in U.S. fisheries comes from the Pacific, mainly from waters off the U.S. West Coast and adjacent high seas. The catch is canned in boutique and major canneries in Oregon and Washington, some is sold locally (some fishermen sell direct to the public), and some is shipped to major canneries outside Oregon and Washington for processing.

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POWERED BY TRAKOR

WILD PACIFIC ALBACORE TUNA “MELT”

Ingredients:

For the salad:

6-ounce can of Wild Pacific Albacore Tuna (American Tuna)

- 1 tablespoon grated carrot
- 1 tablespoon chopped celery
- 1 tablespoon chopped red bell pepper
- 1 teaspoon sliced chives
- 1 tablespoon chopped Kalamata olives
- 1 teaspoon chopped capers
- 1 lemon juiced and zested
- 2 tablespoons Dijon mustard
- 1/2 cup mayonnaise
- 1 teaspoon balsamic vinegar
- 1 teaspoon Sriracha hot sauce

For the sandwich:

2 thick slices artisan bread, handful baby spinach, 2 slices provolone cheese, 3 slices tomato, and butter for toasting.

Combine all the ingredients together for the salad. Build the sandwich with the remaining ingredients and toast in butter either in the oven or on a stove-top. Serve hot.

Recipe credit: Chef Andrew Gruel, Owner and Operator of SlapFish in Huntington Beach, California



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