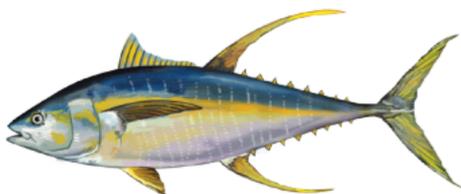# YELLOWFIN TUNA

Pacific yellowfin populations are healthy. Managers have implemented a number of domestic and international conservation measures to limit catch and fishing effort in the Pacific Ocean and minimize the fisheries' impacts on other species. U.S. fishermen responsibly harvest yellowfin tuna under these regulations.

In the Eastern Pacific, adult yellowfin often swim below schools of dolphin. The tuna industry works with participating governments to reduce dolphin bycatch in the tuna purse seine fishery. NOAA Fisheries' Tuna Tracking & Verification Program monitors U.S. production and legal imports of all frozen and processed tuna products nationwide and verifies any associated dolphin-safe claim. For more information, visit DolphinSafe.gov.

Yellowfin tuna is low in saturated fat and sodium and is a good source of protein, thiamin, selenium, vitamin B6, and omega-3s.

Yellowfin tuna can be found fresh, frozen, or canned as light-meat tuna (often blended with skipjack tuna and a bit pinker than canned albacore). Yellowfin tuna is often served raw as sashimi and in sushi.

HERB-BROILED YELLOWFIN TUNA

Ingredients:
1 1/2 pounds yellowfin tuna loin cuts, boneless and
    skinless, 3/4 inch thick
1 tablespoon butter
1 tablespoon olive oil
1/2 teaspoon dried basil
4 teaspoons chopped parsley
1 teaspoon Dijon mustard
1/4 cup lemon juice
Salt and pepper to taste
1/2 teaspoon lemon peel, coarsely grated

In a small saucepan, melt butter. Add basil, parsley,
mustard, lemon juice, and salt and pepper to taste. Place
tuna in a glass ceramic baking dish; top with 3/4 of the
marinade. Marinate in refrigerator at least 30 minutes,
turning once.

Drain tuna and discard used marinade. Place on well-greased broiler pan; baste with
reserved marinade. Broil 4-5 inches from source of heat for 3 minutes. Tuna should
be pink in the center when removed from heat.

Transfer to serving platter and sprinkle with lemon peel.