COOK TIME : **15 MIN** PREP TIME : **15 MIN** PRINT RECIPE

Myasthenia Gravis–Friendly Rosemary Tuna

Ingredients

- 4 fresh or defrosted 4-oz tuna steaks
- Salt and pepper to taste
- 1½ tsp of dried rosemary, crushed
- 1 Tbsp of extra virgin olive oil
- 1 Portobello mushroom, sliced
- 2 tsp minced garlic
- 2 cups Roma tomatoes, seeded and sliced
- 4 cups fresh baby spinach
- Sesame seeds (optional)

Directions

1. Season tuna with salt, pepper and rosemary.
2. Heat extra virgin olive oil in a large skillet over medium heat and add seasoned fish to pan. Sear on one side for about 3 minutes.
3. Turn fish over and add mushrooms, garlic, tomatoes, spinach and sesame seeds (if using). Cook for about 3 minutes.
4. Remove fish from pan when internal temperature reaches about 145° F.
5. Continue to cook vegetables between 3 to 8 minutes after removing tuna, until tender or soft.
6. Season vegetables with salt and pepper and arrange them on your plate with the fish.

Yield: 4 servings

Tip: Use canned, diced tomatoes to reduce prep work and cooking time.

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