



# HEALTHY KIDS WORLD™

## Your Eye On Kids' Health™

We publish timely, quality, accurate news to keep our world's children healthy.



## Asian Tuna Burgers

### Description

You can find Wasabi (Japanese horseradish) as a paste (in a tube) or as a powder (just reconstitute the powder with a little water to form a paste) in the Asian section of most supermarkets. Blended with sour cream and lemon juice it provides a tangy sauce for these fresh tuna burgers. This is an easy and healthy substitute for ordinary burgers.

Prep time: 10 minutes

Cook time: 11 minutes

### Serves 4

### Ingredients

- 1 pound fresh tuna, cut into 1" chunks (You can substitute salmon or other lean fresh fish)
- 2 scallions, coarsely chopped
- 1 tablespoon Dijon mustard
- 2 teaspoons toasted sesame oil
- 1 1/2 teaspoons low-sodium soy sauce
- 2 tablespoons reduced-fat sour cream
- 1/2 fresh lemon juice
- 1/4 teaspoon wasabi paste

### Instructions

In a food processor, or with a sharp knife, combine tuna, scallions, mustard, sesame oil, and soy sauce. Pulse or chop just until mixture comes together (it should not be finely ground), 15 to 20 seconds in a processor. Form mixture into 4 patties, about 3/4" thick.

In a small bowl, whisk together sour cream, lemon juice, and wasabi. Lightly coat a grill or grill pan with cooking spray or 1 tsp olive oil and heat to medium-high. Grill patties 2 to 3 minutes per side for medium-rare. Top each burger with wasabi sauce and serve.