

Healthy Recipe: Lemon and Wine Baked Albacore Tuna

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SERVES 4

INGREDIENTS

- 4 six-oz. packs of [Vital Choice Alaskan albacore medallions](#) (1½ lb.)
- ¼ teaspoon [salt](#)
- 4 sprigs dill weed
- 4 slices lemon
- 4 black peppercorns
- ¼ cup dry white wine or chicken broth

PREPARATION

- Heat oven to 350 F.
- Place fish in un-greased rectangular baking dish, 11" by 7" by 1½". Sprinkle with salt.
- Place dill weed sprig and lemon slice on each. Top with peppercorns. Pour wine over fish.
- Bake uncovered for 20 minutes or until fish flakes easily with a fork.