



Season 2, Episode 1: Summer Poke

Join us in the Child's Park Recreation Center's Test Kitchen for season 2 of Healthy St. Pete Test Kitchen, with your host Deputy Mayor Dr. Kanika Tomalin and local Birch and Vine Chef Jason Cline.

Recipe: Tuna Poke over a bed of Spaghetti Squash

1 LB Ahi tuna (or favorite fresh fish)

2 TBL Scallion

1 TBL Black Sesame Seed

1 TBL White Sesame Seed

1/4 TEA Red Chili Flake

3.5 TBL Soy Sauce

1 TBL Sesame Oil

1 TBL Ginger

1 clove Garlic

1 TBL Sliced Shallot

1/2 TBL Rice Wine Vinegar

1 Spaghetti Squash

1 TBL Extra Virgin Olive Oil

Cut the spaghetti squash in half, scrape out the seeds, add a little salt and pepper, baste with olive oil, put on a baking suite cut-side down, roast on 325 degrees for 20 minutes. Cool and then scrape squash out with a fork.

Chop the fresh and raw tuna steaks into small cubes. Combine the rest of the ingredients in a bowl, mix and add the tuna.

