

# RECIPE

## Grilled Tuna Steaks

Start to Finish: 30 minutes Servings: 2

### Ingredients:

- 2 tablespoons olive oil
  - 2 tablespoons red wine vinegar
  - 1 tablespoon fresh basil, chopped
  - 1 teaspoon dried tarragon
  - ½ teaspoon dried thyme
  - 1 garlic clove, minced
  - 2 tablespoons reduced-fat mayonnaise
  - 2 (6-ounce) tuna steaks\*
- \*If you like your tuna cooked rare, select sashimi-grade tuna.

### Directions:

1. In a medium bowl, whisk together oil, vinegar, basil, tarragon, thyme and garlic. Combine 1 tablespoon marinade with mayonnaise, stir until smooth and set aside. Combine tuna and remaining marinade in a large plastic resealable bag and marinate 30 minutes, turning once.
2. Prepare grill. Grill fish 2-5 minutes per side, until it reaches desired temperature. Top with herbed mayonnaise and serve.



### Nutrition Information Per Serving:

314 Calories; 15 g Total Fat; 3 g Saturated Fat; 537 mg Sodium; 40 g Protein; 0 g Dietary Fiber; 3 g Carbohydrates