

Heart Healthy Tuna Steaks

I'm one of those unfortunate folks that have to watch my cholesterol. I lost the genetic gamble and have to really watch what I eat and try to keep my intake of "bad" food to a minimum. Fortunately, I love all the stuff that you are supposed to eat to stay healthy. I especially love fish and one of my favorites is Tuna. I asked Shari if she had any recipes for Tuna steaks cooked on the grill and here is what she came up with.

Ingredients List:

- ½ cup lime juice (I purchased one of those plastic limes with juice – works great)
- ½ cup finely chopped onion (I used a Vidalia onion, but I'm sure any onion will work)
- 2 tablespoons of olive oil (great for the heart)
- 2 tablespoons of chopped jalapeno chilies (I used a canned product and it was fine)
- 2 tablespoons of cilantro (I think this is the key ingredient)
- 1 teaspoon of salt
- ¼ teaspoon of pepper
- 4 - 6 to 8 ounce tuna steaks (You can wrap the steaks with bacon, but that would seem counter productive in my case, I might as well eat a big steak!)



1 Combine the 1st 7 ingredients and marinate the tuna steaks turning once for 30 minutes.



2 Grill the steaks on a medium heat for 10 minutes turning once. This will give the tuna a slightly pink center. Of course you may leave it on the grill for a longer time for a well done piece of tuna.

I served the tuna with a small side of brown rice and some broccoli and it was “AWESOME”! In fact, I grilled a couple of extras to have during the week for lunch.

Enjoy!

Matt

mattandshari

© 2009. mattandshari.com, all rights reserved.