

Albacore Tuna "Melt"

You can buy sashimi grade albacore tuna at Japanese grocery stores. Fujiya and Angel Seafoods both carry it. It's better to use a thickly cut piece. Albacore is the tuna that's used in canned tuna. Don't overcook it though or your beautiful piece of tuna will end up tasting like it came out of the can. The heavy carb count comes from the roasted garlic -7.93 grams for the whole recipe. You can omit it, which will bring the carb count down to about 2 grams per serving.

- 1/4 C prepared mayonnaise
- 2 TBS coarsely chopped basil leaves
- 8 cloves roasted garlic, coarsely chopped
- 3/4 C grated Asiago cheese
- 4 6-oz pieces albacore tuna
- extra-virgin olive oil
- salt + pepper
- 1 ripe tomato, seeded/finely diced

DIRECTIONS:

Mix mayo, basil, garlic + asiago cheese together till combined. Season tuna on both sides with olive oil, salt + pepper - heat heavy frying pan till almost smoking - add tuna in a single layer - sear till lightly brown on one side - turn over and sear other side (tuna should remain rare) - spread cheese mixture evenly over each piece of tuna - broil 4-inches from heat till cheese bubbles.

Sprinkle with the tomato and serve immediately.

Makes: 4 servings

Total Carbohydrates: 15.79 (OR 2 – see above)

Total Carbohydrates Minus Fiber: 13.73

Carbohydrates per Serving: 3.94

Carbohydrates per Serving minus Fiber: 3.43