

GRILLED TUNA STEAKS WITH PINEAPPLE SALSA

Source: **BETTER HOMES & GARDENS** Great Cooking For 2

Cook/Prep Time: 25 minutes

INGREDIENTS:

2 4oz fresh or frozen tuna, swordfish or halibut steaks (1" thick)

1 can (8 1/4 oz) crushed pineapple

2 TBS chopped macadamia nuts, almonds OR pecans

2 TBS flaked coconut

1 TBS lemon or lime juice

1/4 tsp ground ginger, nutmeg OR cinnamon

1/3 C coarsely chopped strawberries

DIRECTIONS:

Thaw fish, if frozen - drain pineapple, reserving juice.

Spread nuts & coconut in a thin layer in a pie plate - bake in 350° F oven 5-10 minutes or till light golden brown, stirring once or twice - cool.

In small mixing bowl, stir together 2 TBS of reserved pineapple juice, drained pineapple, lemon or lime juice & ginger, nutmeg or cinnamon - set aside.

To grill: place fish on greased rack of an uncovered grill directly over medium-hot coals for 5 minutes - turn fish, brush with some of reserved pineapple juice - grill 3-7 minutes more or just till fish begins to flake easily.

To broil: place fish on greased unheated rack of a broiler pan - broil 4" from heat for 5 minutes - turn fish, brush with some of reserved pineapple juice - broil 3-7 minutes more or just till fish begins to flake easily.

For salsa: stir nuts, coconut & strawberries into pineapple mixture.

To serve, transfer fish to individual plates - spoon some salsa over fish - pass remaining salsa around table. (Sweet peppers &/or leeks could be grilled or boiled to accompany the fish)

Serves: 2

[per serving: calories: 317; protein: 27g; carbohydrates: 24g; total fat: 14g; saturated fat: 4g; cholesterol: 42mg; sodium: 68mg; potassium: 513mg]