

GRILLED TUNA WITH SALSA (for 4)

SOURCE: PARADE MAGAZINE 3/11/01 (Sheila Lukins)

INGREDIENTS:

2 TBS olive oil	2 TBS fresh lemon juice
Salt, to taste	freshly ground pepper, to taste
4 tuna steaks (6-8 oz each)	1/2 C diced (1/4") pineapple
1/2 C diced (1/4") peeled hothouse cucumber	
3 scallions (3" of green left on) very thinly sliced	
3 TBS fresh lime juice	1 1/2 - 2 TBS olive oil
Salt & freshly ground pepper, to taste	
2 TBS chopped fresh cilantro leaves (garnish)	

DIRECTIONS:

In shallow bowl, combine olive oil, lemon juice, salt & pepper - add tuna, coating well & letting rest 15 minutes, turning once.

In separate bowl, combine all remaining ingredients except chopped cilantro. Refrigerate, covered up to 1 hour.

Shortly before serving, sear tuna in non-stick skillet over medium heat (4-5 minutes on 1st side, adding any remaining marinade or extra oil if needed - turn fish & sear 3 minutes on 2nd side, for medium rare). Remove fish with spatula to 4 dinner plates. Divide salsa (with the juices) equally atop tuna. Garnish with chopped cilantro.

[per serving: 359 calories, 6g carbohydrates, 47g protein, 16g fat, 89mg cholesterol]