



## • **Grilled Tuna with Pineapple Relish**

Serves 6

Fresh tuna cooks like steak and is wonderful on the grill.

**6 8-ounce tuna steaks, about 1 1/2-inches thick**

**Olive oil, for brushing**

**Salt and freshly ground black pepper to taste**

**RELISH:**

**1 cup chopped fresh pineapple**

**1/2 red pepper, seeded, deveined, diced**

**2 scallions, trimmed and minced**

**1 T finely minced fresh ginger**

**1 T fresh lime juice**

**1 T low-sodium soy sauce**

**1 tsp sesame oil**

**1 tsp sugar**

**To make pineapple relish:**

- **Combine pineapple, red pepper, scallions, ginger, lime juice, soy sauce, sesame oil and sugar in a bowl and mix well. Taste and adjust the seasonings.**

**To make the tuna:**

- **Prepare a gas or charcoal grill. Brush the fish lightly with the oil and sprinkle with salt and pepper. Grill over medium-high heat for 4 to 5 minutes per side, or until the fish is translucent in the center.**
- **Serve at once with a portion of the relish over or beside each steak.**

**by Barbara Scott-Goodman**