



Garlic Herbed Grilled Tuna Steak

Ingredients

2 tablespoons lemon juice
1 tablespoon olive oil
2 garlic cloves, minced
2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme
4 tuna steaks (6 ounces each)
1/4 teaspoon salt
1/4 teaspoon pepper

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Directions

In a large resealable plastic bag, combine the lemon juice, oil, garlic and thyme. Add the tuna; seal bag and turn to coat. Refrigerate for up to 30 minutes, turning occasionally.

Remove tuna from bag; sprinkle with salt and pepper. Drain and discard marinade. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack.

Grill tuna, covered, over medium-hot heat or broil 4 in. from the heat for 3-4 minutes on each side for medium-rare or until slightly pink in the center.

Test Kitchen Tips

Be careful not to marinate chicken and seafood for too long in acidic ingredients such as lemon juice or wine. The acid breaks down fibers and can cause a mushy texture if left on too long.

Common olive oil works better for cooking at high heat than virgin or extra-virgin oil. These higher grades have ideal flavor for cold foods, but they smoke at lower temperatures.

Don't miss these mouthwatering steak recipes.

Nutrition Facts

1 each: 218 calories, 5g fat (1g saturated fat), 77mg cholesterol, 211mg sodium, 1g carbohydrate (0 sugars, 0 fiber), 40g protein. Diabetic Exchanges: 5 lean meat, 1/2 fat.

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