

Asian Style Tuna Steaks

2 4-oz tuna steaks
2 teaspoons Dijon Mustard
1 tsp ground ginger
1 tablespoon lite soy sauce
¼ cup lemon juice
1 tsp sesame oil
¼ cup olive oil
2 tsp sesame seeds

Combine mustard, ginger, soy sauce, sesame oil, olive oil, lemon juice and sesame seeds in small mixing bowl. Place tuna steaks in small bowl. Add soy sauce mixture to steaks and marinate 20 minutes. Prepare grill. Place steaks on grill and sear each side for 2-3 minutes for medium rare.

Serves 2.

Calories 270 Fat 12g Carbohydrate 2g Dietary Fiber 0g Protein 35g Sodium 480mg