

A Fresh Take on Tuna



Tuna in a Sicilian Tomato Sauce

Serves: 4 | *Serving Size:* 1 fillet, 1 cup of sauce

Ingredients:

4 tuna fillets, about 3 ounces each
Olive oil, divided
Foil
1/2 cup chopped onion
4 cloves garlic, minced
1 cup chopped celery
2 cups chopped plum tomatoes (seeded and cored)
2 tablespoons chopped and pitted green olives
1 tablespoon raisins
1 cup chicken broth, no added salt
Black pepper, to taste
2 tablespoons fresh basil, chopped
1 tablespoon pine nuts or almonds, toasted

Directions:

Preheat a grill. Place the fillets of the tuna on foil with olive oil. Grill fish on both sides until done, about 15-20 minutes, depending on the heat of the grill and the thickness of the fish. Set cooked fish

aside.

Heat a large nonstick skillet over medium heat. Sauté 1 tablespoon of olive oil with the onion and garlic until golden. Add the celery and sauté for a few more minutes, then add the tomatoes, olives, raisins, and broth. Bring to a boil, then lower to a simmer and season with black pepper.

Cook until all of the vegetables are tender, about 12 minutes.

Add fresh basil and toasted nuts, then spoon the hot sauce over the fish and serve.

Nutrition Information:

Serves 4. Each serving contains 405 calories, 10 g fat, 2 g saturated fat, 0 g trans fat, 99 mg cholesterol, 201 mg sodium, 11 g carbohydrate, 2 g dietary fiber, 6 g sugar, and 65 g protein.

Each serving has 20% DV vitamin A, 26% DV vitamin C, 5% DV calcium, and 16% DV iron.

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