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DIET CENTER

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CITRUS TUNA

Intermediate Lifestyle

Ingredients

1 cup fresh-squeezed orange juice (from about 3 oranges)
½ cup fresh-squeezed lemon juice (from about 3 lemons)
½ cup fresh-squeezed lime juice (from about 4 limes)
3 TBS Splenda
4 garlic cloves, minced
1 TBS freshly ground black pepper
1 TSP Morton's "lite" salt
1 TSP fennel seeds, crushed
6 (6 oz.) tuna steaks (about 3/4" thick)
cooking spray

Instructions

1. Prepare grill.
2. Combine first 5 ingredients in a medium saucepan. Bring to a boil. Cook until reduced to ½ cup (about 20 minutes). Remove from heat. Cool slightly.
3. Combine pepper, salt and fennel seeds. Rub over both sides of fish. Place fish on grill rack coated with cooking spray. Grill 3 minutes on each side.
4. Turn fish. Brush with half of orange juice glaze. Grill 1 minute. Turn fish. Brush with remaining orange juice glaze. Grill 1 minute or until fish is medium-rare or until desired degree of doneness.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 1 tuna steak = 1 PR