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SESAME-CRUSTED TUNA WITH GINGER-PEANUT SAUCE

Stabilization (Week 3)

Ingredients

RICE:

- 1 (3-1/2 oz.) bag boil-in-bag long-grain rice
- 1/4 cup sliced green onions
- 1 TBS Thai peanut sauce
- 2 TSP bottled minced fresh ginger
- 1/4 TSP Morton's "lite" salt

TUNA

- 1 TBS sesame oil
- 4 (6 oz.) Yellowfin tuna steaks (about 3/4" thick)
- 3 TBS low-sodium soy sauce, divided
- 1/4 teaspoon Morton's "lite" salt
- 1/3 cup sesame seeds, toasted
- 2 TBS sliced green onions

Instructions

1. To prepare rice, cook rice according to package directions, omitting salt and fat. Stir in 1/4 cup onions, peanut sauce, ginger and 1/4 TSP low-sodium salt. Keep warm.
2. To prepare tuna, heat oil in a large nonstick skillet over medium-high heat. Combine tuna and 2 TBS low-sodium soy sauce in a bowl, tossing gently to coat.
3. Sprinkle tuna with 1/4 TSP salt. Dredge edges of tuna in sesame seeds. Add tuna to pan and cook for 3 minutes on each side or until desired degree of doneness.
4. Serve tuna over rice. Drizzle with 1 TBS soy sauce. Sprinkle with 2 TBS onions.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 tuna steak, 1/2 cup rice, and about 1 TSP sauce = 1 P, 1/2 V, 1 G, 1 FT