



## PAN-SEARED TUNA WITH OLIVE-WINE SAUCE

Final Lifestyle

### Ingredients

cooking spray  
1 TSP fennel seeds  
2 garlic cloves, minced  
3/4 cup dry white wine  
6 TBS chopped pitted black olives  
3 TBS chopped pitted green olives  
2 TBS fresh lemon juice  
1 TBS grated orange rind  
1/4 TSP crushed red pepper  
1/4 TSP black pepper  
1/8 TSP salt  
2 (6 oz.) tuna steaks, about 2 inches thick  
2 cups hot cooked couscous  
optional: orange rind

### Instructions

1. Place a large nonstick skillet coated with cooking spray over medium heat until hot. Add fennel seeds and garlic; sauté 3 minutes or until seeds are lightly toasted. Spoon the mixture into a bowl. Add wine, olives, lemon juice, 1 TSP orange rind, and red pepper; stir well and set aside.
2. Sprinkle black pepper and salt over tuna. Recoat skillet with cooking spray; place over medium-high heat until very hot. Add tuna; sauté 5 minutes on each side or until medium-rare or to desired degree of doneness. Remove tuna from skillet. Spoon couscous into each of 4 large shallow bowls; arrange tuna to the side. Set aside; keep warm.
3. Add wine mixture to skillet; cook 2 minutes or until sauce is lightly reduced. Pour sauce evenly over steaks. Garnish with orange rind, if desired.

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

1 serving = apx. 3 oz. tuna and 1/2 cup cooked couscous = 1 P, 1 G, 1/2 FT