



BALSAMIC-GLAZED TUNA

Intermediate Lifestyle

INGREDIENTS

- 1 ¼ TSP coarsely ground black pepper
- ¼ TSP salt
- 4 (6-ounce) tuna steaks (about ¾ inch thick)
- ¼ cup fat-free, less-sodium chicken broth
- 1 TBS balsamic vinegar
- 4 TSP dark brown sugar (brown Splenda works too)
- 1 TBS low-sodium soy sauce
- ½ TSP cornstarch
- ¼ cup diagonally sliced green onions

INSTRUCTIONS

—Place a grill pan coated with cooking spray over medium-high heat until hot. Sprinkle pepper and salt over fish. Place fish in grill pan; cook 3 minutes on each side until medium-rare or desired degree of doneness. Remove from heat.

—Combine broth, vinegar, sugar, soy sauce, and cornstarch in a small saucepan. Bring to a boil; cook 1 minute, stirring constantly. Spoon glaze over fish; top with green onions.

SERVING INFO: (Yields 4 servings)

1 tuna steak + 1 TBS glaze = 1 P