



SESAME-CRUSTED TUNA WITH WASABI-PONZU SAUCE

Stabilization (Week 3)

Ingredients

1 TBS chopped green onions	1 1/4 TSP prepared wasabi paste
2 TBS low-sodium soy sauce	1 TSP grated peeled fresh ginger
2 TBS fresh orange juice	2 TSP vegetable oil
1 TBS rice vinegar	4 (6-ounce) tuna steaks (about 3/4 inch thick)
1 TBS brown sugar (brown Spenda is OK)	1/4 TSP salt
1 TSP grated lemon rind	3 TBS sesame seeds
2 TSP fresh lemon juice	2 TBS black sesame seeds
2 TSP honey	Sliced green onions (optional)

Instructions

1. Combine first 10 ingredients, stirring with a whisk.
2. Heat oil in a large nonstick skillet over medium-high heat.
3. Sprinkle tuna with salt.
4. Combine sesame seeds in a shallow dish. Dredge tuna in sesame seeds. Add tuna to pan; cook 3 minutes on each side or until desired degree of doneness. Garnish with green onions, if desired. Serve tuna with sauce.

Portion-Per-Serving Information: (Yields 4 servings): Serving = 1 tuna steak and 2 TBS sauce = 1 P, 1/2 FT