

## Asian Tuna Steak



**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

### Ingredients:

1 ½ lb. tuna files

### Marinade:

¼ cup orange juice (fresh or frozen)

2 tbsp. sesame oil

2 tsp. sesame seeds

3 tbsp. low sodium soy sauce

1 tbsp. fresh ginger root, grated (or use 2 tsp. ground ginger)

3 tbsp. chopped scallions

### Directions:

1. Combine all marinade ingredients in re-sealable plastic bag or stainless steel bowl.
2. Place tuna into plastic bag or the stainless steel bowl. Seal or cover, refrigerate for 20 minutes.
3. Preheat grill to medium
4. Place tuna 6 inched above heat source, cook 4-5 minutes per side.
5. Cook until ready to serve

### Additional Information

The tuna steal is delicious with a side of veggies

### Nutrition Facts

Makes 6 servings

Amount per serving:

<b>Calories</b>	242.6
<b>Total Carbs</b>	2.3 g
<b>Dietary Fiber</b>	0.2 g
<b>Sugars</b>	1.3 g
<b>Total Fat</b>	11.4 g
<b>Saturated Fat</b>	2.3 g
<b>Unsaturated Fat</b>	9.2 g
<b>Potassium</b>	353 mg
<b>Protein</b>	30.8 g
<b>Sodium</b>	247.7 mg