

Sesame-Lime Grilled Tuna

Makes 4 servings (1 steak)
POINTS® value: 5

Ingredients:

- 2 tablespoons reduced-sodium soy sauce
- ¼ cup fresh lime juice
- 2 teaspoons Asian (dark) sesame oil
- 3 garlic cloves, minced
- ¼ teaspoon freshly ground pepper
- ◆ 4 (6-ounce) tuna steaks (about 1½ inches thick)

1. Combine the soy sauce, lime juice, sesame oil, garlic, and pepper in a large zip-close plastic bag; add the tuna. Squeeze out the air and seal the bag; turn to coat the tuna. Refrigerate, turning the bag occasionally, 30 minutes. Remove the tuna from the marinade; discard the marinade.

2. Spray the grill rack with nonstick spray; preheat the grill to medium-high or prepare a mediumhigh fire.

3. Place the tuna on the grill rack. Grill until browned but still pink in the center, about 6 minutes on each side for medium-rare.

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