

Blackened Tuna

Serving Size: 1 – 4 oz steak

Serves: 6

Ingredients

6 tuna steaks, about 4oz. each
Nonstick cooking spray
4 tablespoons paprika
2 teaspoons cayenne pepper
5 tablespoons garlic powder
4 tablespoons onion powder
4 teaspoons dried thyme leaves
2 teaspoons white pepper
6 tablespoons dried oregano leaves
2 tablespoons dry mustard
Pinch of salt
2 tablespoons olive oil
Juice of 1 lemon

Directions

Lightly spray each steak with nonstick cooking spray. Mix the next 9 dry seasoning ingredients. Unused seasoning mix can be stored in an airtight container for up to 1 week.

Pat the tuna steaks with the seasoning to create a crust on the steaks. Heat the oil to hot. Sear the tuna on each side in a large skillet for approximately 1 minute per side. Then reduce heat to medium and finish cooking to desired internal doneness, turning as needed, approximately 4 minutes each side or just until the fish begins to flake. Finish with a squeeze of fresh lemon.

Exchanges per serving:

3 Lean Meats, 1 Vegetable

Nutrients per serving:

Calories: 199

Calories from fat: 55

Total Fat: 6g

Saturated Fat: 1g

Cholesterol: 51mg

Sodium: 82mg

Carbohydrate: 8g

Dietary Fiber: 2g

Protein: 28g