

GRILLED TUNA STEAKS WITH GARLIC AND OREGANO

Yield: Makes 6 servings

INGREDIENTS

1/3 cup dry white wine
1 tablespoon olive oil
2 teaspoons dried oregano
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 garlic cloves, minced
6 (6-ounce) tuna steaks (about 1 inch thick)
Cooking spray

PREPARATION

Combine the first 6 ingredients in a large zip-top plastic bag, and add tuna steaks to bag. Seal bag, and marinate steaks in refrigerator 30 minutes or up to 2 hours.

Remove tuna from bag, reserving the marinade. Prepare grill or broiler.

Place the marinated fish on a grill rack or broiler pan coated with cooking spray, and cook 4 minutes on each side or until fish is desired degree of doneness, basting frequently with reserved marinade.

