

PROVENÇALE GRILLED TUNA

Yield: Makes 4 servings

INGREDIENTS

1 1/2 cups chopped seeded tomato (about 1 1/2 pounds)
3/4 cup chopped fresh parsley
1/4 cup chopped pitted nicçoise olives
1 tablespoon white wine vinegar
1/4 teaspoon dried tarragon
1/4 teaspoon salt
2 garlic cloves, minced
4 (6-ounce) tuna steaks (about 3/4 inch thick)
1 1/2 teaspoons dried herbes de Provence
1/4 teaspoon salt
Cooking spray
Chive sprigs (optional)

PREPARATION

Combine first 7 ingredients in a medium bowl. Cover and chill 20 minutes.

Prepare grill. Sprinkle fish with herbes de Provence and 1/4 teaspoon salt. Place fish on a grill rack coated with cooking spray; cook 3 minutes on each side or until fish is medium-rare or desired degree of doneness.

Serve fish with tomato mixture. Garnish with chives, if desired. Serve with steamed red potatoes tossed with olive oil and Parmesan cheese.

