

Sauteed Tuna Steaks with Garlic Sauce

Can the canned tuna and treat yourself to a piece of tuna steak lightly sautéed in garlic. This tuna recipe from [Lose Weight the Smart Low-Carb Way](#) is—yes, you guessed it—low-carb, but also high in lean protein, delivering 40 grams of protein in one serving! Tuna is also a good source of heart-healthy omega-3 fatty acids and is generally a lower-mercury fish. Tip: If you don't finish your plate you can refrigerate leftover tuna and use it in a tuna salad.

Ingredients

- 2 large garlic cloves, minced
- 1 tablespoon olive oil
- 1-1/2 teaspoons olive oil
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 4 tuna steaks (6 ounces each), each 1" thick
- 1-1/2 teaspoons chopped fresh parsley or basil

Directions

In a large, heavy nonstick skillet, cook the garlic in 1 tablespoon of the oil over very low heat, until the garlic's aroma is apparent, 30 to 60 seconds, stirring. Immediately add the vinegar, 1/8 teaspoon of the salt, and half of the pepper. Remove to a bowl and cover with foil to keep warm.

Season the fish with the remaining 1/8 teaspoon salt and the remaining pepper. Heat the remaining 1 1/2 teaspoon oil in the same skillet over medium heat.

Add the fish and cook until browned on the first side, 4 to 5 minutes. Turn and cook until the fish is just opaque throughout, 3 to 4 minutes.

Serve topped with the garlic sauce and parsley or basil.

Nutrition Information

Serves: 4 | Serving Size: 6-ounce tuna steak

Per serving: Calories: 148; Total Fat: 7g; Saturated Fat: 1g; Monounsaturated Fat: 3g; Cholesterol: 32mg; Sodium: 107mg; Total Carbohydrate: 1g; Dietary Fiber: 0g; Sugars: 0g; Protein: 20g

Nutrition Bonus: Potassium: 221mg; Vitamin A: 38%; Vitamin C: 1%; Calcium: 0%; Iron: 0%

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