



Grilled Tuna with Fruit Salsa

Ingredients:

- 1/3 cup pineapple juice
- 1 tablespoon vegetable oil
- 1 tablespoon reduced-sodium soy sauce
- Juice of one lime
- 4 (6-8 ounce) tuna steaks
- 1 cup chopped fresh plums
- 1 cup chopped fresh peaches
- 1/2 cup chopped fresh pineapple
- 1/4 cup finely chopped red bell pepper
- 2 tablespoons white wine vinegar
- 2 tablespoons minced fresh mint

Makes: 4 servings.

Prep Time: 1 hour

Cook Time: 10 to 30 minutes

DROP, SWAP AND GO™

Visit bluerhino.com for grilling recipes and Rhino locations near you

FOLD HERE



Grilled Tuna with Fruit Salsa

Directions:

1. Preheat grill to medium heat.
2. Combine pineapple juice, vegetable oil, soy sauce, lime juice.
3. Arrange tuna steaks in shallow glass dish
4. Pour pineapple juice mixture over steaks.
5. Cover and refrigerate for at least one hour.
6. Meanwhile, combine remaining ingredients in a medium bowl; stir gently.
7. Cover and refrigerate until needed.
8. Coat a grill rack with vegetable cooking spray.
9. Remove tuna from marinade and place on grill 4 to 5 inches above medium-hot coals (discard marinade).
10. Grill just until fish begins to flake easily when tested with a fork, allowing about 10 minutes per inch of thickness, turning once during cooking.
11. Serve at once with fruit salsa.

Makes: 4 servings.

Prep Time: 1 hour

Cook Time: 10 to 30 minutes

Recipe courtesy of National Fisheries Institute and aboutseafood.com.

DROP, SWAP AND GO™

Visit bluerhino.com for grilling recipes and Rhino locations near you

