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# Grilled Tuna Steaks with Horseradish Sauce

*The Essential Southern Living Cookbook*

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 1 hour 25 minutes

**1/4 cup Worcestershire sauce**  
**2 tablespoons low-sodium soy sauce**  
**1 tablespoon olive oil**  
**1 teaspoon dried oregano**  
**1/2 teaspoon freshly ground black pepper**  
**2 cloves garlic, minced**  
**4 (six-ounce) tuna steaks (about one-inch thick)**  
**1/2 cup reduced-fat sour cream**  
**1 1/2 teaspoons prepared horseradish**  
**1/2 teaspoon table salt**  
**1/2 teaspoon Dijon mustard**  
**1/4 teaspoon Worcestershire sauce**

In a large zip-top plastic bag, combine the Worcestershire sauce, soy sauce, olive oil, oregano, black pepper and garlic. Mix well. Add the fish to the bag. Seal and marinate in the refrigerator for one hour, turning once.

In a small bowl, combine the sour cream, horseradish, salt, mustard and 1/4 teaspoon of Worcestershire sauce. Set aside.

Preheat the grill to medium (350 to 400 degrees.)

Remove the fish from the marinade. Transfer the marinade to a small saucepan. Bring the marinade to a boil over medium heat. Boil for 5 minutes.

Place the fish on a grill rack coated with cooking spray. Grill with the lid closed, basting frequently with the marinade, for 6 minutes on each side or just until the fish flakes with a fork but is pink in the center.

Serve with the horseradish sauce.

## Seafood

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*Per Serving (excluding unknown items): 52 Calories; 3g Fat (58.0% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 755mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.*