

# Grilled Tuna Steaks with Mango Herb Salsa

*Alison Ladman - The Associated Press  
Palm Beach Post*

## **Servings: 4**

*1/2 cup fresh parsley leaves, packed  
1/4 cup fresh oregano leaves, packed  
1/4 cup fresh mint leaves  
3 tablespoons olive oil, divided  
3 tablespoons red wine vinegar  
2 cloves garlic  
1/2 teaspoon red pepper flakes  
zest of one lemon  
juice of one lemon  
2 mangoes, peeled, pitted and diced  
salt  
ground black pepper  
4 six-ounce tuna steaks*

Heat the grill to high.

In a food processor, combine the parsley, oregano, mint, two tablespoons of olive oil, vinegar, garlic, red pepper flakes, lemon zest and lemon juice. Process until well chopped, scraping down the bowl as needed.

Add the mango and pulse once or twice to combine and lightly chop.

Season with salt and pepper. Set aside.

Rub the tuna steaks on all sides with the remaining one tablespoon of olive oil. Season them with salt and pepper.

Grill the steaks for 2 to 3 minutes per side for medium-rare.

Serve topped with the salsa.

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Per Serving (excluding unknown items): 341 Calories; 18g Fat (50.0% calories from fat); 40g Protein; 2g Carbohydrate; trace Dietary Fiber; 65mg Cholesterol; 68mg Sodium. Exchanges: 5 1/2 Lean Meat; 0 Vegetable; 2 Fat; 0 Other Carbohydrates.