
Tuna Nicoise

The Windsor Family Cookbook
Windsor Vineyards - Windsor, CA

Servings: 4

4 fresh (8 ounce each) tuna steaks

1/4 cup olive oil

1 tablespoon garlic, chopped

1/2 onion, chopped

5 large ripe tomatoes, chopped

1/2 cup fresh basil, chopped

salt (to taste)

pepper (to taste)

olives (for garnish)

Pour all but two tablespoons of the olive oil into a large skillet. Saute' the garlic and onion in the olive oil until translucent. Then add the chopped tomatoes and basil. Simmer, stirring, until the sauce is thick enough to be parted with a wooden spoon. Season with salt and pepper to taste.

In the meantime, rub the tuna steaks with the two remaining tablespoons of olive oil, salt and pepper. Grill over a hot fire until seared on both sides and slightly pink in the center.

Place on a warm plate and cover with the tomato sauce. Garnish with olives.

Seafood

Per Serving (excluding unknown items): 406 Calories; 22g Fat (49.9% calories from fat); 41g Protein; 9g Carbohydrate; 2g Dietary Fiber; 65mg Cholesterol; 81mg Sodium. Exchanges: 5 1/2 Lean Meat; 2 Vegetable; 2 1/2 Fat.