

Lemongrass Tangerine Tuna

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Ingredients:

½ cup of chicken broth, low-fat, low-sodium.
2 tablespoons of light soy sauce.
2 tablespoons of sesame oil.
¼ cup of tangerine juice (alternatively use orange juice).
1 tablespoon of minced fresh lemongrass.
1 teaspoon of crushed red pepper.
1 ½ lb of fresh tuna steaks.

Directions:

In a shallow pan, combine the the chicken broth, soy sauce, sesame oil, juice, lemongrass and red pepper.

Add the tuna and marinate for about 1 hour 15 minutes.

Broil or grill the tuna on each side for about 4 to 5 minutes.

Serve.