

Grilled Fish with Beans (makes 4 servings)

1 lb Fresh Tuna Fillet, raw
2 Fresh Garlic Cloves, crushed
1 Tbsp Olive Oil
1 can Stewed Tomatoes, Italian, canned (14.5 oz)
2 tsp Fresh Basil, chopped
1 can Small White Beans, canned, drained (15 oz)
1 tsp Olive Oil
1 tsp Fresh Lemon Juice
1/8 tsp Black Pepper

Place garlic and olive oil (1st listed) in a large skillet, then heat to medium high heat. Add tomatoes and fresh basil. Bring to a boil; then reduce heat, cover and simmer about 5 min. Add beans to above mixture and heat through. Meanwhile, combine olive oil (2nd listed) and lemon juice. Apply this to both sides of fish after rinsing with water and patting dry with clean paper towel. Sprinkle with pepper, too. Grill fish on outside grill over medium heated coals, or in oven broiler. Cook about 5 min. per 1/2 inch thickness of fish until done. Fish will flake easily with a fork when done. Remove fish skin before serving. Then, spoon beans/tomatoes mixture onto plate and top with fish. Garnish with fresh basil.

Nutrition per Serving

335 Calories; 35 gm Protein; 35 gm Carbohydrate; 6 gm Total Fat; 1 gm Saturated Fat; 53 mg Cholesterol; 13 gm Fiber; 387 mg Sodium