

## **Toasted Sesame Marinated Tuna**

4 Four ounce tuna steaks  
1/2 cup Fat Free Toasted Sesame Dressing

Cover tuna steaks with dressing and marinated for at least two hours in a refrigerator. Remove tuna from marinate and brush off excess dressing. Grill under high heat for 8-10 minutes. Internal temperature should reach 155°F. Makes 4 servings. *Note: This recipe works well for chicken breasts too.*

Nutrition information per serving: 130 calories; 4 grams carbohydrate; 25 grams protein; 1.5 grams fat; 40 mg sodium