# grilled mesquite tuna, pasta olio and italian tomato salad





### APRON'S ADVICE

For a fuller mesquite flavor, marinate the tuna for up to 30 minutes in the refrigerator.

### SHOPPING LIST

### Dairy

2 tbsp butter
1/4 cup crumbled feta cheese with basil and tomato
1 (9-oz) package refrigerated angel hair pasta

### Dry Grocery

1/2 cup Italian salad dressing aluminum foil (optional) cooking spray
1 tbsp green pepper sauce
1 packet (1 oz) mesquite marinade
1 tbsp olive oil
1/4 cup red wine

### **Produce**

6-8 sprigs fresh Italian parsley6 cloves fresh garlic1 pt grape tomatoes (rinsed)1 (6-oz) package sliced portabella mushrooms (rinsed)

### Seafood

1 1/2 lb tuna steaks

### Suggested Items

Chicago hard rolls tiramisu



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### **COOKING SEQUENCE**

- Prepare tuna and begin to marinate 10 minutes
- Using clean knife and cutting board, prepare salad and chill 5 minute
- Prepare pasta through step 1 5 minutes
- Complete tuna and pasta; serve 15 minute

## grilled mesquite tuna

### INGREDIENTS

cooking spray
1 packet mesquite marinade (about 1 oz)

1/4 cup Italian salad dressing

1/4 cup red wine

1 tablespoon green pepper sauce

1 1/2 lb tuna steaks (thawed, if needed)

6 ounces pre-sliced portabella mushrooms

(rinsed)

### STEPS

1. Coat grill rack with cooking spray, then preheat grill. Whisk in medium bowl, dry marinade mix, dressing, wine, and pepper sauce until blended. Reserve 1/4 cup for basting. 2. Cut tuna into 4 servings and place in marinade. Add mushrooms; let marinate 10 minutes, turning occasionally, to evenly coat. 3. Place tuna and mushrooms on grill; wash hands and discard marinade that has come in contact with raw fish. Close lid or cover with foil; grill 8–10 minutes, turning occasionally and basting often with reserved marinade, or until internal temperature reaches 145°F. Grills vary widely; use a meat thermometer to accurately ensure doneness. Serve.

CALORIES (per 1/4 recipe) 290kcal; FAT 8g; CHOL 75mg; SODIUM 1450mg; CARB 6g; FIBER 0g; PROTEIN 41g; VIT A 2%; VIT C 8%; CALC 4%; IRON 8%

## pasta olio

#### INGREDIENTS

6-8 sprigs fresh Italian parsley (rinsed)

2 tablespoons butter

1 tablespoon olive oil

6 fresh garlic cloves

1 (9-ounce) package refrigerated angel hair

pasta

### STEPS

1. Fill large saucepan 1/2 full of water. Cover and bring to a boil on high for pasta. Chop parsley leaves finely. 2. Preheat large sauté pan on medium 2–3 minutes. Place butter and olive oil in pan; swirl to coat. Crush garlic cloves into pan, using garlic press. Use knife to remove garlic from bottom of press. Add parsley and cook 2–3 minutes to blend flavors. 3. Stir pasta into boiling water. Boil 1–2 minutes, stirring occasionally, or until tender. 4. Drain pasta and add to garlic mixture; toss to coat and serve.

CALORIES (per 1/4 recipe) 270kcal; FAT 10g; CHOL 60mg; SODIUM 65mg; CARB 37g; FIBER 3g; PROTEIN 8g; VIT A 8%; VIT C 6%; CALC 2%; IRON 15%

### italian tomato salad

### INGREDIENTS

1 pint grape tomatoes (rinsed) 1/4 cup Italian salad dressing 1/4 cup crumbled feta cheese with basil and

tomato

#### STEPS

1. Cut tomatoes in half and place in medium bowl. 2. Add dressing and cheese; toss to coat. Chill until ready to serve.

CALORIES (per 1/4 recipe) 110kcal; FAT 9g; CHOL 10mg; SODIUM 330mg; CARB 6g; FIBER 1g; PROTEIN 3g; © 2011/թ Իր Արանի Super Mark et a Ligos»: IRON 2% gril0025