



Grilled ahi citrus salad

Mickey Strang, McKinleyville, CA

Combine 2 tbsp. each **honey** and **Dijon mustard**; rub over 4 **ahi tuna*** steaks (6 oz. each) and let stand 10 minutes. Cook tuna on an oiled grill over medium heat (350° to 450°) until rare, 1 to 2 minutes per side. Slice across the grain $\frac{1}{4}$ in. thick. Combine $\frac{1}{3}$ cup **olive oil**, 2 tbsp. each **Champagne vinegar** and fresh **lime juice**, and $\frac{1}{4}$ tsp. each **kosher salt** and **black pepper**. In a bowl, combine 6 oz. **mixed baby greens**; $\frac{1}{2}$ cup thinly sliced **sweet onion**; 2 large **avocados**, peeled and sliced; peeled segments from 2 **navel oranges**; and $\frac{2}{3}$ of vinaigrette. Set salad on plates with tuna on top. Drizzle with more vinaigrette. Serves 4.

*Look for troll- or pole-caught tuna; it's more sustainably fished than longline-caught tuna, and the fish have lower mercury levels.

PER SERVING 695 CAL., 58% (405 CAL.) FROM FAT; 44 G PROTEIN; 45 G FAT (7.6 G SAT.); 30 G CARBO (5 G FIBER); 339 MG SODIUM; 65 MG CHOL.