



## 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 1/4 in. thick. Combine 1/3 cup **olive oil**, 2 tbsp. each **Champagne vinegar** and fresh **lime juice**, and 1/4 tsp. each **kosher salt** and **black pepper**. In a bowl, combine 6 oz. **mixed baby greens**; 1/2 cup thinly sliced **sweet onion**; 2 large **avocados**, peeled and sliced; peeled segments from 2 **navel oranges**; and 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.