



TUNA WITH OLIVE SAUCE

Makes 4 serving.

This tuna recipe is easy, quick, delicious and nutritious. I serve it at room temperature with French lentils and roasted bell peppers. The lentil recipe follows and the roasted bell pepper recipe can be found on my website under "First Course."

INGREDIENTS

- 4 tuna steaks, about ½ an inch thick and 6 ounces each
- 1 tablespoon extra virgin olive oil

DRESSING

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice
- ½ cup pitted black olives (Kalamata), coarsely chopped
- 3 scallions including green parts finely chopped
- 2 tablespoons Balsamic vinegar
- Kosher salt
- Freshly ground black pepper

DRESSING

- 1 cup French green lentils
- ½ teaspoon Kosher salt

- 1¼ cups water
- 1 tablespoon extra-virgin olive oil

PREPARATION

1. Make the dressing and set aside.
2. Pat the tuna dry and season lightly with salt and pepper.
3. Heat the olive oil in a heavy skillet and sear the tuna steaks over high heat for less than a minute on both sides.
4. Place the lentils, salt and water into a small saucepan. Bring to a boil over high heat. Lower the heat and cook, covered, for about 25 minutes, or until the lentils are tender (if the lentils are not ready and all the water is absorbed add 1-2 tablespoons of hot water and continue cooking).
5. Toss the lentils with the olive oil and season to taste with salt.