



"Keeping your eyes healthy and strong is essential at any age. You can provide extra protection by eating healthy. Age-related macular degeneration is the leading cause of blindness in older adults. Although there is no cure, following a healthy eating program is an excellent preventive measure to maintaining good eyesight throughout one's life."

—Jyl Steinback

## GRILLED TUNA WITH PINEAPPLE-ORANGE SALSA

### INGREDIENTS:

- 1 cup pineapple chunks, drained
- ¼ cup orange juice
- 1 tbsp. chopped sweet onion (e.g. Vidalia, Walla Walla)
- ½ cup chopped red bell pepper
- 24 oz. tuna steaks
- 2 tsp. garlic powder
- 2 tbsp. low-sodium teriyaki sauce

### COOKING INSTRUCTIONS:

Combine pineapple, orange juice, onion, and red pepper in a medium bowl and mix well; cover and refrigerate until ready to serve. Sprinkle tuna steaks on both sides with garlic powder. Brush generously with teriyaki sauce. Heat broiler or grill to medium-high heat. Cook (grill or broil) tuna 5 minutes; turn tuna, brush with teriyaki sauce, and cook an additional 5 minutes. Serve with pineapple salsa.

### Serves: 4

### Shopping List:

24 oz. tuna steaks, 8 oz. can pineapple chunks, orange juice, sweet onion, red bell pepper, teriyaki sauce, garlic powder

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