**Cajun Tuna  
4 Servings**

**Ingredients:**

* 1/2 tablespoon sweet paprika
* 1/2 teaspoon dried oregano
* 1/2 teaspoon garlic powder
* 1/2 teaspoon onion powder
* 1/2 teaspoon salt
* 1/4 teaspoon ground cumin
* 1/4 teaspoon freshly ground black pepper
* 1/8 teaspoon cayenne pepper
* 1 tablespoon olive oil
* 2 (8-ounce) tuna steaks

**Directions:**

Heat oven to 400 degrees F. Combine paprika, oregano, garlic powder, onion powder, salt, cumin, pepper and cayenne pepper on a plate. Drizzle oil over tuna steaks. Press tuna steaks into herb mixture; gently rub herbs onto fish. Heat a large heavy ovenproof skillet over high heat for 2 minutes or until skillet smokes. Cook tuna steaks 1 minute on each side. They will make some smoke which is normal. Transfer skillet to oven and roast fish 5 minutes for medium rare doneness. Cut each steak in half before serving.

**Nutritional Information  
Per Serving: Calories 245, Calories from fat 96, Total Fat 11 g, Sat Fat 2.3 g, Choletserol 56 mg, Sodim 350 mg, Total Carbs 1.3 g, Fiber .5 g, Protein 34 g**

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