
Seared Tuna with Cannellini Beans , Arugula & Roasted Tomatoes

Servings: 4

3 tablespoons olive oil
1 tablespoon balsamic vinegar
1 pinch salt and pepper
2 cloves garlic, minced
1/4 cup red onion, small dice
1 tablespoon italian parsley, chopped fine
1 tablespoon tarragon, chopped fine
1/4 cup kalamata olives
15 ounces cannellini beans, whole
4 cups arugula, rough chopped
4 roma tomatoes, cut in half
4 4 ounce tuna steaks
1 lemon

Set oven temperature to 250 degrees. Combine oil, vinegar, salt & pepper. Dip tomatoes into oil mixture and place on baking sheet cut side down. Cook approximately 2 hours until skin is wrinkled . can be made one day ahead.

Add garlic, onion, parsley, tarragon, olives and beans to oil mixture. Toss gently and let stand 15 minutes.

Heat grill or skillet on high heat, season tuna steaks with salt & pepper. Sear 2 minutes on each side. Let cool 1 minute.

Toss bean mixture together with arugula and place onto center of 4 dinner plates.

Place two tomato halves on each plate.

Slice tuna and place on top of beans and arugula

Sprinkle the juice of 1 lemon onto plates.

Per Serving (excluding unknown items): 527 Calories; 16g Fat (25.5% calories from fat); 27g Protein; 75g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 294mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 Fat.