



IMPACT'S FAVORITE HEALTHY & SIMPLE RECIPES!:

Italian Herbed Tuna



INGREDIENTS:

- 2 Tablespoons of McCormick Italian Herb (Grinder)
- 1 Tablespoon of garlic powder
- ½ teaspoon onion powder
- A sprinkle of Black Pepper
- 2 (4 oz.) Tuna Steaks
- 1 Tablespoon of Extra Virgin Olive Oil

EASY DIRECTIONS:

1. In a small bowl combine Italian Herbs + garlic powder, onion powder & black pepper.
2. Rub this seasoning/mixture on both sides of the tuna steaks
In a large skillet heat oil over medium-high heat. Add tuna and cook for 2-3 minutes per side or to desired tenderness.

SERVE WITH: Roasted vegetables and/or a salad