

Southwestern Albacore Kabobs

This recipe gives Albacore a distinctive "Tex-Mex" flavor from a marinade containing a minimal amount of oil; while a little oil is needed to prevent sticking on the grill, these kabobs shatter any misconceptions that Tex-Mex cookery has to be fattening! Serve with rice, tortillas, low or no-fat black beans and a ration of your favorite white cheese.

1½ pounds Oregon Albacore tuna (loin cuts or steaks)
¼ cup dry sherry
3½ tablespoons lime juice
2 teaspoons minced garlic
4 teaspoons oil
1¼ teaspoons chili powder
½ teaspoon dry mustard
½ teaspoon grated lime rind

Rinse Albacore with cold water; pat dry with paper towels. Cut Albacore into 1½" cubes; set aside. Combine remaining ingredients except lime rind. Pour over Albacore and marinate in refrigerator for a minimum of 30 minutes, turning once to recoat Albacore. Using metal or bamboo skewers, make kabobs dividing Albacore into 4 equal servings reserving marinade. Place kabobs on well-greased grate 5-6 inches from hot briquettes. Cook 3-4 minutes, turning once. Baste frequently with reserved marinade. Do not overcook. Albacore should be pink in center when removed from heat. Sprinkle with lime rind just before serving.
Makes 4 servings.