

Caribbean-Style Albacore

1½ lbs Oregon Albacore loins or steaks
½ cup low-fat plain yogurt
1 Tbsp orange marmalade
2 tsp lime juice
½ tsp curry powder
2 Tbsp vegetable oil
2 Tbsp lime juice
1/8 scant teaspoon salt
assorted fresh fruit

Rinse albacore with cold water, pat dry with paper towels. Set aside. Blend together yogurt, marmalade, 2 tsp lime juice and curry powder. Chill 15-20 minutes. Combine oil, 2 Tbsp lime juice and salt. Baste albacore with oil mixture. Place on well-greased grate 5-6 inches from grill heat. Cook 8 minutes per inch of fish, measured at thickest point, turning once and basting frequently. Do not overcook! Albacore should be pink in center when removed from heat. Serve with curry-yogurt sauce. Garnish with assorted fresh fruit such as sliced strawberries, melon and grapes.

Albacore may be broiled on a well-greased broiler pan 5-6 inches from source of heat. Follow grilling times and directions.

(Courtesy of WFOA)