

## Tuscan Tuna and Cannellini Beans

Makes 6 servings

1 pound fresh tuna steaks, cut into 1-inch cubes  
1 cup 100% Florida orange juice  
1 tablespoon canola oil  
1 onion, chopped  
4 cups canned cannellini beans, rinsed and drained  
2 tomatoes, seeded, coarsely chopped  
¼ cup white wine vinegar  
¼ cup chopped fresh basil  
½ teaspoon ground pepper  
2 tablespoons grated Florida orange zest, divided  
1 tablespoon chopped Italian parsley

Place tuna and orange juice in shallow bowl; toss gently and marinate in refrigerator 5 to 10 minutes. Heat canola oil in nonstick sauté pan; add onion and sauté until translucent, about 3 to 5 minutes. Add cannellini beans, tuna, tomatoes, white wine vinegar, basil, pepper and 1 tablespoon orange zest. Cover and cook over medium heat until tuna is opaque throughout, about 7 to 9 minutes. Sprinkle with parsley and remaining 1 tablespoon orange zest; serve immediately.