

## Spanish Halibut

Prep Time: 5 minutes

Cook Time: 25 minutes

1 tablespoon plus 2 teaspoons extra-virgin olive oil, divided

2 garlic cloves, thinly sliced

1 (14 ounce) can diced tomatoes

¼ teaspoon powdered saffron

1 1/2 pounds monkfish or halibut fillets

2 tablespoons chopped fresh parsley

Salt and freshly ground black pepper

Heat oven to 425F

Heat 2 teaspoons of the oil in a small saucepan over medium heat.

Add garlic, reduce heat to medium-low, and cook 2 minutes. Add tomatoes with juice, saffron, and a pinch of salt and pepper. Simmer 20 minutes.

While sauce is cooking, brush fish with remaining oil and season well with salt and pepper. Bake until just opaque in the center, 12 to 15 minutes.

Add parsley to sauce, season to taste with salt and pepper, and remove from heat. Spoon over fish and serve.

Makes 4 servings

Nutrition at a glance

Per serving: 200 calories, 8 g fat, 1.5 g saturated fat, 26 g protein, 5 g carbohydrate, 2 g dietary fiber, 230 mg sodium

## **Balsamic Glazed Salmon**

Prep Time: 5 minutes      Cook Time: 12 minutes

4 (6-ounce) salmon fillets  
1 cup balsamic vinegar  
2 teaspoons extra-virgin olive oil  
1 teaspoon fresh lemon juice  
Salt and freshly ground black pepper

Heat oven to 450 F

Season salmon with salt and pepper; place in an ovenproof baking dish and bake until opaque throughout, 10 to 12 minutes.

While fish is cooking, place vinegar in a small saucepan. Cook over medium-high heat, stirring frequently, until reduced to 1/3 cup, 8 to 10 minutes. Remove from heat, whisk in oil and lemon juice, and season with salt and pepper. Place salmon on serving plates and drizzle with glaze.

Make 4 servings

Nutrition at a glance

Per serving: 380 calories, 21 g fat, 4.5 g saturated fat, 34 g protein, 9 g carbohydrate, 0 g dietary fiber, 100 mg cholesterol, 190 mg sodium

## Spiced Grouper with Mild Chile Puree

Prep time: 10 minutes      Cook time: 15 minutes

Sauce: 1 (4 ounce) can white green chilies, drained

2 tablespoons reduced-fat sour cream

¼ teaspoon salt

Fish: 1 tablespoon ground cumin

1/8 teaspoon cayenne pepper

4 (6-ounce) grouper fillets, about ½ inch thick

2 teaspoons extra-virgin olive oil

1 lime, cut into wedges

Salt and freshly ground black pepper

For the sauce: Chop chilies, sour cream, and salt in a food processor until well blended.

For the fish: Mix cumin and cayenne together and rub into both sides of fish. Season fish well and with salt and pepper.

Heat 1 teaspoon of the oil in a large nonstick skillet over medium-high heat, add 2 grouper fillets and cook until opaque and tender, about 3 minutes per side. Repeat with remaining oil and fish.

Squeeze lime over fish and serve hot with sauce.

Makes 4 servings

Nutrition at a glance

Per serving: 200 calories, 5 g fat, 1.5 g saturated fat, 34 g protein, 3 g carbohydrate, 0 g dietary fiber, 400 mg sodium

## Ginger Steamed Red Snapper

Prep time: 5 minutes      Cook time: 25 minutes

1 tablespoon sesame seeds

1 (5-inch) piece fresh ginger

¼ cup mirin or rice wine (or ¼ cup white wine plus 1 tablespoon granular sugar substitute)

4 (6-ounce) red snapper fillets

8 scallions, cut in half crosswise and thinly sliced lengthwise

2 teaspoons dark sesame oil

Salt and freshly ground black pepper

Toast sesame seeds in a small skillet over low heat, stirring frequently, until fragrant and golden, about 3 minutes.

Finely grate 1 tablespoon ginger and roughly chop the rest to fill about a ¼ cup measure. Place chopped ginger in a large saucepan and cover with water to reach 2 inches. Add vinegar and bring to a simmer.

Season snapper with grated ginger, salt, and pepper. Place in a steamer insert; add scallions, cover, and steam until flesh flakes easily, about 10 minutes.

Serve hot, drizzled with oil and topped with sesame seeds.

Makes 4 servings

Nutrition at a glance

Per serving: 240 calories, 5 g fat, 1.5 g saturated fat, 35 g protein, 4 g carbohydrate, 1 g dietary fiber, 160 mg sodium

## **Mahi Mahi with Citrus**

Prep time: 5 minutes  
marinating)

Cook Time: 20 minutes (includes

2 tablespoons extra-virgin olive oil  
1 tablespoon fresh lemon juice  
1 tablespoon fresh lime juice  
1 garlic clove, minced  
½ teaspoon dried thyme  
4 (6-ounce) skinless mahi mahi fillets, about ¾ inch thick  
Salt and freshly ground black pepper

Whisk together oil, lemon juice, lime juice, garlic, thyme, and salt and pepper to taste. Place fish in a shallow dish, drizzle with citrus mixture, turn to coat, and marinate at room temperature for 10 minutes.

Heat grill pan or nonstick skillet over medium-high heat. Add fish and cook 3 to 4 minutes per side. Serve hot.

Makes 4 servings

Nutrition at a glance:

Per Serving: 210 calories, 8 g fat, 1.5 g saturated fat, 32 g protein, 1 g carbohydrate, 0 g dietary fiber, 220 mg sodium

## **Halibut with Tapenade in Parchment**

Prep Time: 5 minutes

Cook Time: 5 minutes (includes

preparing packets)

2 tablespoons extra-virgin olive oil

2 tablespoons fresh lemon juice

2 medium tomatoes, diced

4 (6-ounce) halibut fillets, about 1 inch thick

4 teaspoons olive tapenade (from a jar)

Salt and freshly ground black pepper

Special equipment:

4 (15-inch-square) pieces parchment paper

1 (8-inch) pieces kitchen string

Arrange rack in lower third of oven and heat to 425 F

Place oil, lemon juice, ½ teaspoon salt, and ¼ teaspoon pepper in a jar with a lid. Close tightly and shake vigorously to combine. Divide tomato equally onto the center of each piece of parchment paper; season with salt and pepper. Season halibut lightly on both side with salt and pepper; place 1 piece on top of each mound of tomatoes. Spread 1 teaspoon of the lemon juice mixture. Gather up sides of parchment over fish (one at a time) and tie each piece closed with kitchen string, leaving as much air inside the packets and around the fish as possible.

Place packets on a baking sheet and bake until fish is cooked through, 13-15 minutes (you can open one of the packets to check for doneness).

Transfer packets to plates and serve, snipping sting and opening at the table.

Makes 4 servings

Nutrition at a glance:

Per serving: 270 calories, 11 g fat, 1.5 g saturated fat, 36 g protein, 4 g carbohydrate, 1 g dietary fiber, 230 mg sodium

## **Seared Salmon with Zucchini**

Prep time: 5 minutes                      cooking time: 20 minutes

2 tablespoons extra-virgin olive oil, divided

½ small red onion, minced

2 large zucchini, thinly sliced into rounds

4 (6-ounce) salmon fillets

Salt and freshly ground black pepper

Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add onion and cook until softened, about 3 minutes. Add zucchini and cook until softened and lightly browned, 2 to 3 minutes. Cover and cook 2 minutes more. Season vegetables well with salt and pepper; transfer to a plate and cover loosely with foil to keep warm. Season salmon with salt and pepper. Heat remaining oil in the same skillet over medium-high heat. Add salmon, skin side down, and cook until lightly browned, 3 minutes per side. Serve with vegetables.

Makes 4 servings

Nutrition at a glance:

Per serving: 400 calories, 26 g fat, 5 g saturated fat, 36 g protein, 6 g carbohydrate, 2 g dietary fiber, 190 mg sodium.

## **Grilled Pepper Tuna**

Prep time: 3 minutes                      Cooking time: 10 minutes

1 teaspoon black peppercorns  
1 tablespoon extra-virgin olive oil  
4 (6-ounce) tuna steaks, about 1 inch thick  
1 teaspoon grated lemon zest (optional)  
Salt

Heat grill or grill pan to medium-high. Lay peppercorns flat on work surface and place a clean skill on top. Press down to crush peppercorns a few at a time until all peppercorns are cracked. Rub oil over steaks and season with salt, cracked pepper, and lemon zest, if using.

Grill tuna 2 1/2 minutes per side for rare, 3 minutes per side for medium-rare, and 3 1/2 minutes per side to be cooked through. Serve hot, sliced or whole.

Makes 4 servings

Nutrition at a glance:

Per serving: 220 calories, 5 g fat, 1 g saturated fat, 40 g protein, 0 g carbohydrate, 0 g dietary fiber, 135 mg sodium

## **Seared Salmon with Zucchini**

Prep time: 5 minutes                      cooking time: 20 minutes

2 tablespoons extra-virgin olive oil, divided  
1/2 small red onion, minced  
2 large zucchini, thinly sliced into rounds  
4 (6-ounce) salmon fillets  
Salt and freshly ground black pepper

Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add onion and cook until softened, about 3 minutes. Add zucchini and cook until softened and lightly browned, 2 to 3 minutes. Cover

and cook 2 minutes more. Season vegetables well with salt and pepper; transfer to a plate and cover loosely with foil to keep warm. Season salmon with salt and pepper. Heat remaining oil in the same skillet over medium-high heat. Add salmon, skin side down, and cook until lightly browned, 3 minutes per side. Serve with vegetables.

Makes 4 servings

Nutrition at a glance:

Per serving: 400 calories, 26 g fat, 5 g saturated fat, 36 g protein, 6 g carbohydrate, 2 g dietary fiber, 190 mg sodium.

### **Shrimp Scampi**

Prep time: 10 minutes

Cook time: 8 minutes

1 1/2 pounds fresh or thawed frozen shrimp, peeled and deveined

3 tablespoons trans-fat-free margarine

4 garlic cloves, minced

1/4 cup fresh lemon juice

3 tablespoons chopped fresh parsley

1/8 teaspoon red pepper flakes

Salt and freshly ground black pepper

Rinse shrimp under cold water and pat dry well with a paper towel.

Season with salt and pepper.

Heat margarine and garlic in a large skillet over medium heat until melted and bubbling, 1 to 2 minutes. Add shrimp and stir to coat with margarine.

Add lemon juice, parsley, and red pepper flakes; cook, stirring occasionally, until shrimp are pink, about 2 minutes; do not overcook or the shrimp will be tough. Remove from heat, season with salt and pepper, and serve hot.

Makes 4 servings

Nutrition at a glance

Per serving: 230 calories, 10 g fat, 2.5 g saturated fat, 31 g protein, 4 g carbohydrate, 0 g dietary fiber, 360 mg sodium

## Warm Salmon and Asparagus Salad

Prep time: 10 minutes      Cook time: 20 minutes

2 pounds asparagus, ends trimmed

2 tablespoons plus 2 teaspoons extra-virgin olive oil, divided, plus extra for baking dish

4 (6-ounce) salmon fillets

2 tablespoons coarse-grain Dijon mustard

1 tablespoon white wine vinegar

5 ounces mesclun greens (6 cups)

Salt and freshly ground black pepper

Heat oven to 450 F

Place asparagus in a single layer in a baking pan; drizzle with 2 teaspoons of the oil, season with salt and pepper, and turn to coat. Bake until lightly browned, about 20 minutes.

While asparagus is roasting, season salmon with salt and pepper. Lightly brush a baking dish with oil, add salmon, and bake until fish flakes easily with a fork, 10 to 12 minutes.

Place mustard, vinegar, remaining oil,  $\frac{1}{4}$  teaspoon salt, and 1.8 teaspoon pepper in a glass jar with a lid. Close tightly and shake vigorously to combine; adjust seasoning if necessary.

Combine greens and 2 tablespoons of the dressing in a mixing bowl; toss to coat. Drizzle remaining dressing over the fish and serve with asparagus and greens.

Makes 4 servings

Nutrition at a glance

Per serving: 500 calories, 33 g fat, 6 g saturated fat, 40 g protein, 11 g carbohydrate, 5 g dietary fiber, 360 mg sodium