

## Fish Creole (serves 4)



servings: 1 protein, 1 grain, 1 oil, 1 cat. 1 veg.

321 calories, 35 g carbohydrates, 32 g protein, 6 g fat per serving

- > 1 Tbsp. (15 ml) olive oil
- > 1 onion, chopped
- > ½ cup (50 g) thinly sliced celery
- > ¼ cup (34 g) green pepper, chopped
- > 1 garlic clove, minced
- > 2 Tbsp. (7.5 g) fresh parsley OR 2 tsp. (1 g) dried
- > 1 bay leaf
- > ¼ tsp. (0.3 g) rosemary, chopped
- > 28-oz. (825 ml) can tomatoes with liquid
- > 1 lb. (454 g) fish fillets, cut into bite-sized pieces
- > 2 cups (390 g) cooked brown rice OR appropriate grain substitute

Heat oil in a large saucepan and lightly sauté the onion, celery, pepper, and garlic until soft. Add parsley, bay leaf, rosemary, and tomatoes. Simmer, uncovered, about 20 minutes. Add fish and simmer until cooked through, about 5-7 minutes more. Remove bay leaf.

### TIP:

- Serve over **Spaghetti Squash** (p. 72) or **Shirataki Noodles** (p. 71) instead of rice.

## Grilled Shrimp Kabobs (serves 6)



servings: 1 protein, 1 oil (only 1 oil from marinade is included in calculation)

189 calories, 3 g carbohydrates, 31 g protein, 5 g fat per serving

- > 1 cup (960 g) olive oil
- > ¼ cup (10.6 g) chopped fresh basil
- > 1 lime, freshly juiced
- > 2 Tbsp. (30 ml) hot pepper sauce
- > 3 cloves garlic, minced
- > 1 Tbsp. (15 ml) tomato paste
- > 2 tsp. (1 g) dried oregano
- > 2 tsp. (1 g) dried parsley
- > ½ tsp. (3 g) sea salt
- > ½ tsp. (2.5 g) freshly ground black pepper
- > 2 lb. (908 g) large shrimp, peeled and deveined with tails attached

Marinade: In a mixing bowl, mix all ingredients together, except shrimp. Reserve a small amount of marinade for basting later and pour the remainder into a large zippered plastic bag. Add shrimp. Seal, and marinate in the refrigerator for 2 hours. Turn the bag occasionally. Preheat grill for medium-low heat. Thread shrimp onto skewers, piercing at each end. Discard marinade. Lightly oil grill grate. Cook shrimp for 5 minutes per side, or until opaque, basting frequently with reserved marinade.

## Halibut with Broccoli (serves 3-4)



servings: 1 protein, 1 cat. 1 veg., ½ oil, ½ nut/seed

217 calories, 6 g carbohydrates, 27 g protein, 10 g fat per serving

- > 2-3 cups (288-432 g) small broccoli florets, fresh or frozen
- > ¼ cup (28 g) finely ground almonds (use blender to grind or purchase almond meal)
- > 2 tsp. (2.4 g) minced fresh tarragon or basil OR 1 tsp. (0.5 g) dried
- > 1 Tbsp. (15 ml) olive or coconut oil
- > 1 lb. (454 g) halibut fillets
- > ½ cup (120 ml) chicken broth or fish broth
- > Fresh or dried basil for garnish
- > ⅓ cup (80 ml) lemon juice
- > Sea salt to taste
- > Freshly ground black pepper to taste

Steam broccoli until slightly tender, but not too soft. Set aside. In a small bowl, mix herbs with ground almonds. Dip each halibut fillet into the almond mixture. Heat olive or coconut oil in a large skillet over medium heat and sauté halibut for about 4 minutes on each side, depending on thickness. Transfer to serving dish and cover with foil to keep warm. Add broth or broth to skillet and stir in broccoli to reheat. Add lemon juice and season to taste with salt, if needed, and pepper. Spoon broccoli with juices on top of halibut fillets, garnish with sprinkle of basil, and serve immediately.

## Mango Salmon (serves 6)



serving: 1 protein

236 calories, 5.5 g carbohydrates, 23 g protein, 13 g fat per serving

- > 2 Tbsp. (30 ml) tamari or regular soy sauce
- > 1 Tbsp. (6 g) minced fresh ginger
- > 1 cinnamon stick (3" [7.6 cm])
- > 1 tsp. (5 ml) rice or cider vinegar
- > 10-oz. (300 ml) bottle mango nectar
- > 6 salmon fillets, 3½-4 oz. (100-114 g) each and 1" (2.5 cm) thick
- > 1 tsp. (5 ml) olive oil

**(GF: use wheat-free tamari or soy sauce)**

In a small saucepan, stir together all ingredients, except for salmon. Bring to boil, reduce heat and simmer, uncovered for 20-25 minutes, or until reduced to about ¾ cup (180 ml). Pour mixture through a strainer and discard the solids. Return to saucepan and keep warm. Brush olive oil on broiler pan, and place salmon on pan and broil 5" (12.7 cm) away from heat for 5 minutes. Brush salmon with mango mixture and broil 3 more minutes or until fish flakes with fork. Serve immediately and garnish salmon with remaining mixture as desired.

## Mexican Grouper (serves 4)



servings: 1 protein, 1 cat. 1 veg., 1 oil

184 calories, 8 g carbohydrates, 23 g protein, 7 g fat per serving

- > 14-16 oz. (396-454 g) grouper fillets
- > Dash of sea salt and freshly ground black pepper
- > 4 tsp. (20 ml) olive oil, divided
- > 1 medium onion, diced
- > 1 clove garlic, minced
- > 4 Roma tomatoes, diced
- > 5 large green pimiento-stuffed olives
- > 1 jalapeño chile, seeded and cut into 1" (2.5 cm) pieces
- > 3 Tbsp. (45 ml) fresh lime juice

Sprinkle grouper with salt/pepper on both sides. Heat 2 tsp. (10 ml) oil over medium-high heat in large skillet. Add fish and sear on both sides, browning lightly, 2-3 minutes on each side. Remove from heat and keep warm. Reduce heat to medium and add remaining 2 tsp. (10 ml) oil to the pan. Sauté onion about 5 minutes, until softened, and then add garlic, stirring for 1 more minute. Add remaining ingredients (except lime juice) and simmer for 10 minutes. Stir in another dash of salt/pepper if needed. Return fish to the pan, cover and simmer for another 7-10 minutes. Insert tip of knife to be sure that fish is cooked through. Transfer fish to a serving plate. Stir lime juice into pan juices and spoon sauce over the fish. Serve immediately.

## Quick & Easy Red Snapper (serves 4)



servings: 1 protein, ½ nut/seed, 1 oil

266 calories, 3 g carbohydrates, 32 g protein, 11 g fat per serving

- > ½ cup (120 ml) white wine
- > 1 Tbsp. (15 ml) coconut oil
- > 1 clove garlic, minced
- > 14-16 oz. (396-454 g) red snapper
- > Sea salt and freshly black ground pepper to taste
- > ½ cup (46 g) sliced almonds

Pour wine into a large skillet over medium heat; cook until mostly evaporated, 5-7 minutes. Stir coconut oil and garlic into remaining wine; cook and stir until the garlic softens and the coconut oil has melted completely, 3-5 minutes. Season red snapper fillets with salt and black pepper. Increase heat under the skillet to medium-high; gently place snapper fillets into pan. Cook about 3 minutes and turn. Add almonds and continue cooking until the flesh of the snapper flakes easily with a fork, 2-3 minutes more. Serve immediately.