

Main Dishes — Fish

Baked Salmon (serves 4)



servings: 1 protein, ½ cat. 1 veg., 1 oil

252 calories, 2 g carbohydrates, 28 g protein, 15 g fat per serving

- > ¼ cup (60 ml) tamari soy sauce (**GF: use wheat-free**)
- > 2 Tbsp. (30 ml) sesame oil
- > 1 clove garlic, minced
- > 1 tsp. (2 g) fresh grated ginger
- > 1 Tbsp. (2.6 g) chopped fresh basil
- > 1 tsp. (0.5 g) oregano leaves
- > ¼ tsp. (1.2 g) thyme
- > ¼ tsp. (1.2 g) tarragon
- > 1 lb. (454 g) salmon fillets
- > 1½ Tbsp. (22 ml) coconut oil
- > ½ cup (72 g) chopped fresh mushrooms
- > 3 Tbsp. (18 g) chopped scallions

In a small bowl, mix the tamari, sesame oil, and spices. Put the salmon into a quart-sized (1 L) plastic zippered bag and pour in the marinade mixture. Refrigerate the salmon in the marinade for 2-4 hours, turning occasionally. Preheat oven to 350° F (180° C). Spray a large baking pan with oil. Remove salmon from the marinade and place in a single layer in the baking pan. Pour marinade over all. Bake for 10-15 minutes. While the salmon is baking, heat coconut oil in a small saucepan. Stir in the mushrooms and scallions. Remove salmon from the oven, and pour veggies to cover each fillet. Bake about 10 minutes more. Serve immediately.

Coconut Curried Shrimp (serves 4-6)



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

173 calories, 4 g carbohydrates, 24 g protein, 6 g fat per serving

- > 1½ lb. (681 g) peeled and deveined shrimp
- > 1 Tbsp. (6 g) minced fresh ginger OR 1 tsp. (2 g) ground ginger
- > 2 garlic cloves, minced
- > 1 Tbsp. (15 ml) sesame oil
- > 1 red/green bell pepper, diced
- > 1½ cups (216 g) fresh broccoli florets, broken into small pieces
- > ½-1½ tsp. (5-14 g) Thai red or green curry paste (more = spicier)
- > 1 tsp. (2 g) curry powder
- > ½ cup (120 ml) lite canned coconut milk
- > ½ cup (120 ml) water
- > 2 Tbsp. (30 ml) soy sauce (**GF: use wheat-free**)
- > ¼ cup (10.6 g) chopped fresh basil OR 1 Tbsp. (1.5 g) dried

Heat sesame oil in a large skillet or wok, over medium high heat. Add shrimp, and ginger and cook 3-4 minutes, stirring. Remove shrimp and set aside (they are not yet fully cooked). Add bell pepper, broccoli, curry paste, garlic, and curry powder to skillet or wok and cook for 3-4 minutes, stirring constantly. Lower heat to medium and add coconut milk, water, and soy sauce and cook for 4-5 minutes more, stirring often. Add shrimp back and cook another 2 minutes until shrimp are no longer pink. Do NOT overcook, as shrimp will be tough. Remove from heat and stir in fresh basil before serving. (If using dried basil, add to skillet or wok with the coconut milk.)

Cold Salmon (serves 8)



servings: 1 protein, 1 oil
206 calories, 0 g carbohydrates, 28 g protein, 11 g fat per serving

- > 2 lb. (908 g) salmon fillets (about 1½" [3.8 cm] thick)
- > 1 Tbsp. (15 ml) olive oil

Preheat oven to 275° F (130° C). Place salmon skin side down in ovenproof pan. Brush with olive oil. Roast uncovered until salmon flakes with a fork, about 25-30 minutes. Don't overcook. Serve at room temperature.

TIPS:

- Make a day ahead and refrigerate, but reheat or bring to room temperature before serving as part of a salad.
- Top with **Raita** (p. 29).

Crustless Shrimp & Greens Torte (serves 4-6)



servings: 1 protein, 1 cat. 1 veg., 1 oil
222 calories, 5 g carbohydrates, 26 g protein, 11 g fat per serving

- > 16 oz. (454 g) lowfat ricotta cheese
- > 1 egg
- > ¼ tsp. (1.2 g) nutmeg
- > Dash of sea salt
- > 1/8 tsp. (0.06 g) hot pepper flakes (optional)
- > 2 tsp. (10 ml) olive oil
- > 3 small-medium leeks (discard dark green part)
- > 1 tsp. (1.2 g) fresh thyme leaves
or ¼ tsp. (0.12 g) dried thyme
- > 1 lb. (454 g) baby shrimp
- > 2½ cups (60 g) Swiss chard, kale, or spinach
- > ¼ cup (20 g) grated Parmesan cheese,
plus 2 Tbsp. (10 g) for garnish

Preheat oven to 350° F (180° C). Prepare greens by removing tough stems. Slice thinly. Slice ends off leeks and discard the dark green parts. Slice in half lengthwise and wash any dirt off. Cut into thin slices. In a large bowl, beat egg and then add the cheeses. Add nutmeg and salt. Heat oil in a sauté pan or wok over medium heat. Add leeks and cook, stirring occasionally until softened, about 5 minutes. Add hot pepper if using and thyme. Stir for 1 minute; then add shrimp and cook for just a few minutes. Do not overcook. Add greens and stir while cooking for 2-3 minutes. Add to cheese mixture and spoon into a 9" or 10" (23-26 cm) pie plate. Garnish with remaining Parmesan and bake until puffy and slightly browned, about 45 minutes. Test the center to be sure it has set. Serve warm with a tossed salad.

Curried Fish (serves 4)



serving: 1 protein, 1 cat. 1 veg., 1 oil
211 calories, 5 g carbohydrates, 33 g protein, 6 g fat per serving

- > 1½ lb. (681 g) flounder, cod, grouper, or haddock
- > 1 cup (160 g) chopped onions
- > 2 stalks of celery, chopped fine
- > 1 Tbsp. (15 ml) olive oil
- > 1 tsp. (2 g) curry powder
- > ½ tsp. (3 g) sea salt
- > ¼ cup (60 ml) unsweetened almond milk or
other milk alternative

Preheat oven to 350° F (180° C). Place the fish in a single layer in a greased 13" x 9" x 2" (23 x 33 x 5 cm) baking dish. In a skillet, sauté onions and celery in oil until tender. Stir in curry powder and salt. Remove from the heat; stir in milk. Spoon over fish. Bake uncovered for 15-20 minutes or until fish flakes easily with a fork.