

Quick Salmon or Tuna Tortillas (serves 4)



servings: 1 protein, 1 grain, ½ legume, ½ cat. 1 veg.
328 calories, 32 g carbohydrates, 26 g protein, 13 g fat per serving

- > 2 (7 oz. each [396 g total]) cans wild salmon or chunk lite tuna, drained OR 14 oz. (396 g) of leftover tuna or wild salmon
- > ¼ tsp. (0.12 g) each of basil and tarragon
- > 1 cup (240 g) hummus (roasted garlic or tomato flavor)
- > 4 large low-carb tortillas (**DF: use teff tortillas**)
- > 1 cup (20 g) arugula OR baby spinach
- > 1 roasted pepper, cut into strips

Break tuna or salmon into pieces and mix basil and tarragon with hummus. Spread ¼ of hummus evenly over each tortilla and arrange arugula or spinach on top. Then place strips of roasted pepper on each. Top with tuna or salmon. Roll wrap and serve immediately or chill for later serving.

Roasted Salmon or Red Snapper (serves 8)



servings: 1 protein, ½ oil
150 calories, 2 g carbohydrates, 24 g protein, 5 g fat per serving

- > 2 lb. (908 g) salmon or red snapper fillets
- > 4 tsp. (20 ml) olive oil, divided
- > 1 Tbsp. (15 ml) fresh lime juice
- > 1 Tbsp. (2.6 g) cilantro, freshly chopped
- > Sea salt to taste
- > Freshly ground black pepper to taste

Preheat oven to 400° F (200° C). Brush 1 tsp. (5 ml) oil on a baking sheet and place fish, skin side down. Combine remaining oil, lime juice, and cilantro; and brush on each fillet. Sprinkle with salt and pepper to taste. Allow to sit for 15 minutes then bake for 20 minutes or until just cooked.

TIP:

- For added veggies or flavor, garnish with **Salsa** (p. 29).

Salmon in Coconut Milk (serves 6)



servings: 1 protein, 1 oil, 1 cat. 1 veg.
228 calories, 4 g carbohydrates, 23 g protein, 13 g fat per serving

- > 14-oz. (392 ml) unsweetened coconut milk (boxed, not canned)
- > 2 tsp. (5 g) arrowroot OR cornstarch
- > 1½ tsp. (3 g) curry powder
- > 1½ lb. (681 g) salmon fillets
- > 2 large tomatoes, chopped OR 2 cups (298 g) cherry tomatoes, cut in half
- > 1 handful baby spinach leaves
- > ¼ cup (10.6 g) chopped fresh basil OR cilantro
- > Sea salt to taste
- > Freshly ground black pepper to taste

Preheat oven to 350° F (180° C). Mix coconut milk, arrowroot/cornstarch, and curry in a 2- or 3-qt. (2-3 L) ovenproof dish. Add salmon and bake covered for about 20 minutes. Uncover and add spinach leaves, stirring. Cook for 5-10 minutes more. Add salt and pepper to taste. Serve immediately with some of the sauce on top of each fillet and top with chopped tomatoes and some basil or cilantro.

TIP:

- Remaining sauce may be used to top veggies (cauliflower, broccoli, green beans, etc.).

Stuffed Fillet of Sole (serves 4)



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

215 calories, 10 g carbohydrates, 29 g protein, 5 g fat per serving

- > 2 tsp. (10 ml) olive oil
- > 1 large shallot, minced
- > ½ lb. (227 g) baby spinach
- > 1 large lemon, cut in half
- > ⅓ cup (80 ml) dry white wine
- > 1 Tbsp. (2.6 g) finely minced herbs (use tarragon, parsley, chives, oregano, or basil)
- > 14-16 oz. (396-454 g) fillets of Dover sole or flounder
- > 2 Tbsp. (14 g) finely chopped almonds (optional)

Preheat oven to 375° F (190° C). In a large skillet, heat oil over low heat and cook shallot, stirring frequently for 2-3 minutes. Increase heat to medium and add spinach. Cook, stirring until spinach is wilted, about 2-3 minutes. Put spinach in strainer and squeeze the remaining liquid out. Divide spinach into 4 equal portions and set aside. Finely grate 1 lemon half. Combine with almonds and herbs of your choice in a small bowl, and set aside. Lay fish fillets flat on a board and place 1 portion of spinach at the narrow end of each fillet. Roll fish up around the spinach and place in a covered baking dish. Cut the remaining lemon half into thin slices and scatter in between the fish rolls. Pour wine into the bottom of the dish and sprinkle the almonds on top. Cover and bake about 15 minutes.