



SEAFOOD
RECIPES

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Baked Fish Stew

(SS,CC)

Serves 4

4 servings of cod filets
5 chopped carrots
3 medium sweet potatoes, cubed
2 TBSP Lemon juice
2 tsp dried basil
Salt and pepper to taste

Preheat oven to 375 degrees and spray 9x13 dish with cooking spray. Place fish in baking dish and sprinkle with lemon juice. Add carrots, potatoes and onions between the filets then season with salt, pepper and basil. Cover and bake for 1 hour.

Teriyaki Salmon

(FS, RR, SS, CC, P2)

Serves 1

¼ tsp lemon juice
¼ TBSP teriyaki sauce
¼ tsp soy sauce
¼ garlic cloves
6 oz. salmon filet

Mix all ingredients in a bowl and marinate salmon filet for 45 minutes. Place fish in a shallow bowl created out of double thick aluminum foil and pour marinade over fish. Bake 20-25 minutes at 350 degrees.

Bean Salad with Tuna

(SS, CC)

Serves 2

⅓ cup chickpeas, rinsed if from a can
¼ cup kidney beans, rinsed if from can)
½ cup cherry tomatoes
8 baby carrots
½ cup tuna fish, light canned in water
1 TBSP extra virgin olive oil
Dash of pepper
¼ red onions, finely chopped
⅔ cup green beans

Rinse and drain beans and measure out appropriate amounts. Cook green beans in lightly salted boiling water for 3 minutes, then drain and refresh under running cold water. Mix together all ingredients (except tuna, carrots and tomatoes) with oil, salt and pepper and serve in bowl. Top with tuna, baby carrots and tomatoes.

Broiled Sole with Warm Eggplant Salad

(Detox, FS, RR, SS, CC, P1, P2)

Serves 1

½ TBSP extra virgin olive oil
¼ TBSP balsamic vinegar
Sole filet
½ TBSP capers
¼ red onion sliced fine
1 medium tomato
1 TBSP parsley
¼ eggplant, peeled and cubed

Preheat oven to 350 degrees. Place sole in oven and cook until it is tender and flaky. Heat oil in nonstick skillet. Add the eggplant and fry for 10 minutes or until golden and softened. Add onion, capers, tomatoes, parsley, vinegar and stir to combine. Let cool 10 minutes before serving. Top over broiled fish.

Caribbean Shrimp

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

1 pound shrimp
¼ cup freshly squeezed grapefruit juice
1 oz. lime zest
¼ oz. lime juice
1 garlic clove
¼ tsp salt

Mix all ingredients together. Cover and refrigerate for at least 2 hours. Cook shrimp as desired – broil, bake, or sauté.

Cashew-Coconut Shrimp Stir-Fry

(RR, SS, CC)

Serves 1

6 medium shrimp
⅓ cup light coconut milk
1 oz. peanut oil
1 TBSP chopped cashew nuts
2 cloves garlic, minced
2 cups vegetables of your choice
¼ tsp reduced-sodium soy sauce

Sauté garlic in peanut oil over medium heat for 1 minute. Add vegetables and cook 5 minutes. Add shrimp and coconut milk. Sauté 5 minutes. Top with cashews and light soy sauce.

Chinese Steamed Bass with Cabbage

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

2 striped bass filets
1 hot chili pepper – chopped
1 tsp grated fresh ginger
½ head cabbage
2 garlic cloves-minced
2 TBSP soy sauce low sodium
2 tsp sunflower oil

Sprinkle fish with chili pepper, ginger and salt. Steam cabbage for 5 minutes. Lay fish on top of the cabbage and steam for 5 more minutes, until cooked thoroughly. While steaming, heat the oils in a small sauce pan and add the garlic, cooking until slightly browned. Plate the cabbage and fish. Sprinkle soy sauce the pour over the garlic & oil.

Cod in Parsley Sauce

(FS, RR, SS, CC, P2)

Serves 1

1 TBSP unsalted butter
1 cup chopped carrots
1 cup chopped kale
1 cup chopped broccoli
2 TBSP white wine
1 cod fillet
1 TBSP parsley, chopped

Melt 1 TBSP butter in a saucepan with 2 TBSP white wine. Poach the cod in the pan with a TBSP of parsley until fish flakes easily. Season with salt and pepper. Serve with steamed carrots, broccoli and kale.

Dilled Alaskan Cod

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

4 cod fillets
1 lemon, sliced
Salt and pepper
1 zucchini, cut into strips
1 yellow squash, cut into strips
1 onion
½ tsp mustard (dried spice)
1 tsp dill weed

Preheat oven to 450 degrees. Evenly distribute lemon on aluminum foil. Place cod on lemon slices and sprinkle with salt and pepper. Top with zucchini, squash and onion, then sprinkle on dill weed and dried mustard. Bring up foil (may need to do each filet in its own foil) and double fold into a tent to seal in the fish. Be sure to leave some room for heat circulation. Bake 15-18 minutes.

Easy Shrimp Stir-Fry

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

2 tsp Bragg's Amino Acids (or low-sodium soy sauce)
1 pound shrimp
1 TBSP olive oil
4 cups vegetables of your choice

Drizzle 1 TBSP oil in a skillet and cook shrimp, seasoning shrimp with salt and pepper, if desired. Add vegetables. Lower heat and cover pan until vegetables are heated through. Add Amino acids (or soy sauce) and enjoy!

Easy Tilapia and Vegetable Packets

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

½ tsp black pepper
1 tsp dill weed
4 TBSP chicken broth
1 cup broccoli
1 cup cauliflower
1 cup carrots, chopped
¼ tsp salt
4 tilapia filets

Heat oven to 450 degrees. Place each filet on a 12-inch square of aluminum foil. Top each filet with ¼ of the vegetables and sprinkle with dill weed, salt and pepper. Pour ¼ of the broth over vegetables. Bring sides of foil to make a tent, fold top edges over to seal. Repeat for remaining filets. Place packets on ungreased cookie sheet. Bake until veggies are crisp and tender and fish flakes easily (about 40 minutes)

Fish Veracruz

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

2 cloves garlic, chopped
2 cup orange juice
1 TBSP onions
4 fish fillets (white fish)
¼ cup stuffed green olives, chopped pimiento
1 TBSP olive oil
1 oz. canned tomatoes with jalapeno

Preheat oven to 450 degrees. Coat baking dish with nonstick spray. Heat the oil in a large skillet over medium high heat. Add onion and garlic and cook 4 minutes, or until softened. Add the tomatoes, olives, and juice and cook 5 minutes. Place the fish in the baking dish and top with tomato mixture. Bake 10-12 minutes or until fish is no longer translucent.

Ginger Shrimp Stir Fry

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

1 white onion, cut in wedges
¾ cup celery, chopped
½ cup baby carrot
½ cup snow peas
½ cup cauliflower
½ cup mushrooms
½ cup water chestnuts
2 ½ cup shrimp
2 tsp ginger, grated fresh
2 TBSP
2 TBSP olive oil low sodium soy sauce

In a large wok, heat oil on medium heat and stir-fry the onions, celery, carrots and ginger for 5-7 minutes. Add snow peas, cauliflower, broccoli and sauté 3-4 minutes. Add mushroom, water chestnuts and shrimp for 3-5 minutes. Add soy sauce and seasoning, and continue to cook until vegetables are heated through.

Grilled Halibut with Mango Citrus Slaw

(RR, SS, CC)

Serves 6

11 mandarin oranges
4 tsp extra virgin olive oil
¼ oz. salt and pepper
4 TBSP light mayonnaise (may substitute with plain Greek yogurt)
3 cups mango slices
10 ounces coleslaw mix
6 halibut fillets

In a large bowl, combine the coleslaw mix, mango and mandarin oranges with mayonnaise. Toss gently to combine. Season with salt and black pepper and set aside. Set a grill pan over medium-high heat. Brush both sides of the halibut fillets with the oil and season to taste with salt and pepper. Add fish to pan and cook 3 minutes per side, or until golden brown. Serve halibut on top of the slaw.

Grilled Salmon with Spinach and Tomato Stack

(Detox, FS, RR, SS, CC, PI, P2)

Serves 1

1 TBSP balsamic vinegar
2 TBSP basil, divided
1 tsp extra virgin olive oil
1 salmon fillet
1 cup spinach
1 tomato, sliced

Brush a skillet with the oil and heat until sizzling hot. Add salmon, skin side down. Add tomato and sprinkle with half of the basil. Cook 3-4 minutes. Turn over salmon and the tomato and cook for 2-3 minutes until the salmon is cooked through, but still tender. Put the spinach leaves on a serving plate, top with the tomato slices and then the salmon. Drizzle a few drops of olive oil and some balsamic vinegar, then sprinkle with remaining basil.

Grilled Tuna with Salsa

(Detox, FS, RR, SS, CC, PI, P2)

Serves 1

1 oz. raw tuna
1 cup snow peas
2 TBSP fresh salsa
1 tsp olive oil

Lightly brush a grill pan, grill rack, or broiler pan with oil. Grill tuna on the pan over medium heat coals (can also be broiled), turning after 4-6 minutes. Tuna should maintain a little pink in the center, but will flake easily around edges. Top with fresh salsa and serve with 1 cup of snow peas.

Hoisin-Glazed Scallops with Grilled Zucchini

(RR, SS, CC)

Serves 4

5 TBSP hoisin sauce
2 medium zucchini, halved lengthwise
5 tsp extra virgin olive oil
Dash black pepper
16 large scallops
1 medium lime

Rinse the scallops and pat dry with a paper towel; season to taste with salt and pepper. Heat 3 tsp of the oil in a skillet over medium heat. Add scallops and cook 1-2 minutes per side or until golden brown. Brush tops and sides of scallops with the hoisin sauce and drizzle the lime juice over them. Cook 1-2 minutes more or until scallops are opaque and cooked through. Using a slotted spoon, remove scallops from pan and transfer to a serving plate. Simmer remaining liquid 1-2 minutes, until it reduces and develops the consistency of thick syrup; set aside. Set a grill pan over medium-high heat. Brush both sides of the zucchini halves with remaining oil and season to taste with salt and pepper. Grill zucchini for 2-3 minutes per side until golden brown and tender. Spoon reduced liquid over scallops and serve with zucchini.

Jazz Salad

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

8 jumbo olives
6 shrimp
1 TBSP olive oil
1 cup cherry tomatoes
½ cup carrots, chopped
½ cup cucumber, sliced
2 lettuce leaves
2 TBSP balsamic vinegar
2 oz. crab

Combine lettuce, cucumber, carrots and tomato in a bowl. Add olives, cooked crab and shrimp and toss in oil and vinegar dressing.

Open-Faced Tuna Sandwich

(SS, CC)

Serves 1

1 slice multi-9 grain bread
½ cup alfalfa sprout
1 tomato, sliced
½ TBSP Plain Greek Yogurt
½ TBSP light mayonnaise
½ lemon
1 can tuna fish in water, drained

Mix lemon juice, mayonnaise, yogurt and tuna together. Place on top of bread. Top with tomato and sprouts.

Parmesan Shrimp and Veggies

(RR, SS, CC)

Serves 4

1 TBSP canola oil
2 garlic cloves, minced
2 cups broccoli
1 summer squash
6 scallions, sliced
1 pound shrimp
3 TBSP white wine
1 TBSP fresh basil
1 TBSP lemon juice
¼ cup parmesan cheese

In skillet heat oil over medium-high heat, then add garlic and cook for 1 minute. Add onions and cook for 2 more minutes. Add shrimp and sauté 2-3 minutes, or until shrimp is almost cooked. Add wine, lemon juice and basil and cook until shrimp is pink (about 1 minute). Sprinkle cheese evenly over the shrimp and vegetables.

Pasta with White Clam Sauce

(SS, CC)

Serves 4

10 oz. fresh or canned baby clams
½ oz. parsley
½ tsp red pepper flakes
4 cloves garlic, sliced
1 tsp basil leaves
2 TBSP olive oil
1 TBSP lemon juice
4 TBSP low-fat parmesan cheese
2 cups whole wheat linguine
8 oz. clam juice

Cook pasta according to directions. Heat oil in a saucepan. Add the garlic and basil and cook, stirring frequently, for 1 minute. Add the clam juice and red pepper flakes; bring to a boil. Reduce heat. Add the clams and lemon juice; simmer 5 minutes. Toss the sauce with linguine and parsley. Ladle into plates, top each serving with parmesan cheese and serve.

Pasta with Clams and Marinara

(SS, CC)

Serves 4

½ cup dry white wine
¼ pinch red pepper flakes
¼ cup fresh parsley
1 cup white onions, chopped
2 cups no-salt-added tomato juice
2 TBSP olive oil
3 cloves garlic
3 cups canned diced tomatoes
2 cups elbow pasta, whole wheat
¼ tsp salt
1 pound fresh clams or quahogs (with shell)

Heat garlic and onion in oil in a large pot. Cook until onions are tender. Add tomato juice, dry white wine, salt, crushed red pepper, littleneck clams (scrubbed and cleaned), and undrained diced tomatoes. Bring to a boil. Cover and simmer until clam shells open, about 10 minutes. Remove clams and discard any that are unopened. Add parsley to the pan and cook until the liquid is reduced to about 4 cups. Cook pasta according to package. Serve with clams and sauce over pasta.

Pasta with Tuna, Watercress, Cherry Tomatoes and Feta

(SS, CC)

Serves 4

1 oz. fat free feta cheese
8 oz. whole wheat pasta
1 can tuna fish, drained
3 cups watercress, chopped
4 cups cherry tomatoes
¼ tsp pepper

Cook pasta according to directions. Place cheese in a large bowl; top with watercress. Before draining pasta, take ¼ cup of the water and pour it over the watercress. Place tomatoes in a colander. Drain pasta over the tomatoes for a quick blanch. Toss with watercress and cheese. Sprinkle tuna with pepper and serve together.

Quick-Broiled Salmon with Ginger-Mint Salsa

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

½ cup scallions, chopped
½ tsp black pepper
½ oz. lime juice
2 TBSP fresh mint, chopped
1 tsp grated ginger
¼ tsp salt
2 salmon filets
2 tsp lemon juice

Preheat broiler on oven to high and heat an oven-safe skillet in for 10 minutes. The pan should be 5-7" from the heat source. Rub salmon with 2 tsp fresh lemon juice and pepper. Using a hot pad, pull pan away from heat and place salmon on hot pan, skin side down. Return to broiler and cook about 5-7 minutes, depending on thickness. Test to ensure salmon is cooked. Meanwhile, combine ginger, mint, lime juice and scallion. Spoon over salmon. Garnish with 1 tsp olive oil.

Roasted Fennel and Orange Tilapia

(RR, SS, CC)

Serves 4

4 tilapia filets
2 tsp agave nectar
8 chopped scallions
1 cup red bell pepper, sliced
1 ½ tsp ground ginger
½ tsp white wine vinegar
1 tsp orange zest
1 ¼ cup orange juice
2 oranges, sliced
4 cups fennel
⅞ tsp pepper

Preheat oven to 450 degrees and coat roasting pan with cooking spray. To prepare the vegetables, combine fennel, pepper, scallions and olive oil in a pan. Season with salt and pepper and toss well. Place orange slices over vegetables and roast for 10 minutes. To prepare fish, combine the agave, orange zest, orange juice and vinegar in a bowl and stir until agave dissolves. Sprinkle fillets with ginger, salt and pepper and arrange on top of oranges in roasting pan. Drizzle agave mix over the filets. Roast for 18 minutes or until fish flakes.

Roasted Stuffed Striped Bass

(SS, CC)

Serves 1

¼ TBSP pepper
1 TBSP unsalted butter
2 TBSP parsley
1 cup chopped celery
1 striped bass fillet
⅞ cup slices water chestnuts
Salt, to taste
2 TBSP panko bread crumbs

Place everything but fish in a food processor and pulse until well crumbled. Set oven to 350 and place fish on baking sheet. Spread stuffing on fish. Bake 12-15 minutes or until stuffing is well browned.

Salmon and Herb Spaghetti

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

3 zucchini
⅞ cup olive oil
7 grape tomatoes
3 garlic cloves, minced
⅞ cup white wine
2 salmon filets
1 TBSP basil
2 TBSP olive oil
1 ½ TBSP oregano

Spiralize zucchini and cook in 2 TBSP olive oil. Set aside. Cook garlic and tomatoes for 1 minute. Raise heat to high and add wine, salmon, basil and oregano and cook until salmon is opaque (4-5 minutes). Toss tomatoes with zucchini pasta.

Scallops with Pasta

(SS, CC)

Serves 1

½ cup cucumber
1 cup romaine lettuce
2 oz. whole wheat pasta spirals
1 TBSP olive oil
4-6 oz. scallops
½ red bell pepper, sliced
¼ medium lemon, juiced
½ cup tomatoes, sliced

Cook pasta as directions indicate. Pan sear scallops in lemon juice and oil. Serve with pasta on a bed of lettuce leaves, cucumber, pepper and tomato slices.

Sesame-Crusted Salmon with Spinach

(SS, CC)

Serves 4

16 oz. spinach
4 oz. salmon
1 TBSP olive oil
2 cups whole wheat flour
2 TBSP sesame seeds
½ tsp salt

Place sesame seeds in a cold, dry skillet; toast over medium heat, stirring constantly, until they become aromatic and lightly colored. Combine half the seeds with the flour and salt on a plate. Dredge the salmon in the mixture. Heat oil in a large skillet over medium-high heat; add fish and cook until browned, about 5 minutes per side. Remove and keep warm. Add spinach to skillet and cook, tossing constantly until wilted; mix in remaining sesame seeds.

Shrimp and Macaroni Salad

(SS, CC)

Serves 5

½ TBSP celery seed
Salt and pepper to taste
1 cup elbow macaroni, whole wheat
2 oz. cooked shrimp
⅔ cup light mayonnaise
1 cup celery, chopped
¼ cup chopped scallion

Rinse and drain shrimp; reserving the water used to rinse the shrimp. Dry shrimp with a paper towel. Cook macaroni as directed. Place shrimp, celery and scallions in a bowl with a cover. Shake to mix together. Dressing: mix mayonnaise, 1 tsp shrimp water and celery seed. When macaroni is cool, mix together and serve chilled.

Shrimp and Vegetable Pasta

(SS, CC)

Serves 1

½ cup cauliflower
½ cup broccoli
1 TBSP olive oil
¼ tsp unsalted butter
6 medium shrimp
1 dash salt
2 oz. whole wheat elbow pasta

Fill saucepan with water then add salt and olive oil. Heat until boiling, then add pasta and cook according to package directions; drain. In a covered saucepan, lightly steam broccoli and cauliflower. At the same time, heat the butter in a small pan, then sauté shrimp. Toss together.

Shrimp Salad

(Detox, FS, RR, SS, CC, P1, P2)

Serves 1

½ soy sauce
2 tsp balsamic vinegar
1 TBSP olive oil
⅓ cup tomatoes
10 basil leaves
3 oz. shrimp, cooked

Combine basil and tomato. Whisk oil, vinegar and soy sauce in a cup. Season with salt and pepper. Dress the basil mixture and add cooked shrimp.

Smoked Salmon Mousse

(RR, SS, CC)

Serves 6

Black pepper
1 ½ tsp chives
1 mini multi grain bagel (optional)
Fresh cut vegetables of your choice
1 oz. smoked salmon
1 TBSP light mayonnaise
3 TBSP sour cream
2 TBSP low-fat cream cheese

Slice bagel into 4 thin quarters. Toast. In a food processor, add all ingredients. Spread the mixture on bagel chips or fresh vegetables.

Thai Coconut Shrimp Soup

(RR, SS, CC)

Serves 4

2 oz. lime juice
12 shrimp
1 cup reduced-fat coconut milk
½ cup chopped scallions
1 cup sliced mushrooms
1 cup snap peas
1 cup red bell pepper, diced
1 TBSP chili sauce
1 TBSP ginger
2 cups rice (cooked)
3 TBSP fish sauce
2 tsp chili sauce
4 cups chicken broth

In a large pot, bring the chicken broth, fish sauce and chili sauce to a boil. Add rice and cook for 5 minutes. Add the milk, mushrooms, peppers and peas; reduce heat and simmer for 2 minutes. Add shrimp and simmer for about 2-3 minutes, until shrimp is cooked through. Top with scallions.

Thai Spiced Calamari

(FS RR, SS, CC, P2)

Serves 4

2 TBSP Asian chili sauce
1 oz. lime juice
2 peaches, halved
10 oz. calamari, cut into 3 cm pieces
1 TBSP soy sauce
1 tsp ginger
8 arugula leaves

Combine sauces, lime juice and ginger and whisk with a fork. Add calamari and toss to coat; cover and refrigerate for 30 minutes. Remove calamari and pour marinade into a saucepan. Bring the pan to boil over high heat, then reduce to medium and let simmer for 3 minutes. Preheat grill on medium-heat and spray with cooking oil. Cook half of the calamari for 1 minute, turn and cook for another minute or until tender. Remove and cook rest of the calamari. Remove the remaining calamari and cook the peach halves for 2 minutes then cut into cubes. Divide arugula and top with calamari and peaches.

Tilapia Imperial

(RR, SS, CC)

Serves 1

6 oz. tilapia
¼ tsp old bay seasoning
2 tsp lemon juice
2 tsp Dijon
1 cup non-fat yogurt
2 cups green beans

Line a mesh strainer with a coffee filter and place over a bowl; spoon yogurt into the bowl. Place plastic wrap over and refrigerate for at least 1 hour, or overnight. Discard liquid. Sprinkle fish with lemon juice and place onto a foil-lined broiling pan. Mix yogurt, seasoning, 1 tsp lemon juice and mustard together. Spoon on fish. Broil under medium heat for 5-10 minutes or until fish is cooked. Serve with green beans that are steamed.

Tortilla-Crusted Tilapia

(SS, CC)

Serves 1

6 oz. fresh tilapia
1 oz. lime zest
1 TBSP tequila
Cooking spray
1 TBSP olive oil
1 TBSP chili powder
1 oz. lime juice
½ cup plain white tortilla chips

Place chips in a bag and crush. Place crushed chips on a smooth surface. Sprinkle both sides of tilapia with lime juice, tequila and oil and let sit for 20 minutes. Dust tilapia with chili powder and press tilapia into chips. Coat both sides of fish. Spray pan with cooking spray and cook until crushed tortilla chips are browned and fish is cooked. May also bake in oven.

Tuna Lettuce Cups

(RR, SS, CC)

Serves 2

1 TBSP light mayonnaise
¼ cup celery, chopped
½ tsp dill weed
1 oz. Dijon mustard
1 cup solid tuna in water
¼ cup dill pickle relish
¼ cup sliced tomatoes
Lettuce leaves

Mix all ingredients together and serve on lettuce leaves.

Tuna Salad

(RR, SS, CC)

Serves 1

6 oz. tuna fish in water
1 TBSP onion powder
1 inner lettuce leaf
1 TBSP garlic powder
½ cup chopped red bell pepper
1 TBSP fat-free mayonnaise
Salt and lemon pepper to taste

Combine all ingredients and serve on a lettuce leaf.

Tuscan Cod

(Detox, FS, RR, SS, CC, PI, P2)

Serves 2

1 tsp olive oil
1 tsp cumin
2 cod fillets
1 diced red bell pepper
½ cup onions
½ - 1 tsp crushed red pepper flakes
1 cup cherry tomatoes, diced
½ clove minced garlic

Heat oil in skillet over medium-high heat. Add onion, bell pepper, garlic and sauté for 2 minutes. Add tomatoes, capers, cumin and crushed red pepper and cook for 5 minutes. Add fish, spooning sauce over it. Cover and cook 10 minutes until fish flakes easily.

Wasabi-Ginger Tuna Steak

(RR, SS, CC)

Serves 4

2 cups wasabi paste
½ tsp ground ginger
1 cup marmalade, ginger flavor
2 TBSP soy sauce
4 tuna filets

Spoon 1 TBSP of soy sauce over tuna filets and let them sit for 5 minutes (or longer). Combine remaining TBSP of soy sauce, ginger marmalade, ground ginger and wasabi paste in a bowl and whisk. Heat a grill pan and spray with cooking spray. Add fish and cook for 2 minutes on each side. Spoon marmalade over the fish. Cook 1 minute more for medium rare or until desired level.

Zesty Red Snapper with Mushrooms

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

2 TBSP lemon juice
4 snapper fillets
⅛ tsp red pepper flakes
⅛ tsp pepper
½ tsp oregano
½ tsp tarragon
½ tsp paprika
1 cup sliced mushrooms
¼ tsp salt

Heat oven to 400 degrees. Mix dry herbs. Brush fish fillets with lemon juice. Rub both sides of fish with herb mixture; arrange ungreased rectangular baking dish. Cook and stir mushrooms in remaining lemon juice in skillet over medium heat, about 2 minutes. Place mushrooms over fish. Cover and bake until fish flakes, about 15-20 minutes.

