

## **Fish and Veggies and Grains; compliments of Balcones Woods Family Medicine.**

**Fish is one of the easiest, fastest and healthiest things you can make for your family. It is heart healthy and low in calories as well. We also have included some different lower glycemic index grain (ie won't raise blood sugar as much as rice or potatoes) recipes**

*Grace Rizzo developed many of these recipes. She is a UT student / personal chef that plans to own her own healthy catering company or restaurant one day...*

### **Fish Tacos with Mango Salsa**

#### Fish Tacos

1lb Mahi-mahi fish. (can use talapia or other)

Marinade of choice, I use citrus beer.

Spices/Herbs of choice, -I use dash of salt, lemon pepper, and ancho chili rub.

Tortillas

Toppings for tacos (lettuce, tomatoes, cheese, avocado)

-Skin the fish fully and tenderize

-slice into 3x1inch strips (fajita style), place in bowl with beer and marinate.

-while fish is marinating, prepare toppings to your liking.

-after at least 10 minutes, take fish out of marinade and sprinkle with spices and herbs.

- place on grill pan over medium heat and grill till done, appx 8 minutes.

### **Grace's Mango Salsa (can also buy mango pico d'gallo at HEB)**

1 ripe mango, pitted and diced.

1/2 jalepeno, minced. (can include seeds for more heat, or can use both halves)

1c. diced cucumber.

1/2 red pepper, diced.

5 cherry tomatoes, quartered. (can omit)

2 stalks green onion, finely chopped

2tbs chopped cilantro

2tbs lime juice

1 tbs lemon juice

(optional) 1kitchen spoon of tropical preserves such as mango or pineapple

(optional) 1/2 avocado, diced.

-mix all together and let sit as long possible, refrigerated.

## **Grill Pan Glazed Fish** (Can be done with Teriyaki or other thick sauce such as orange Chipotle glazing sauce)

3-5 salmon or other thick type fish fillet (swordfish, tuna, halibut)

Oil

onions or pineapple depending on what flavor aiming for.

spices (lime or lemon pepper, citrus rub, ancho chili powder, ginger salt)

glazing sauce, must have some sugar content.

-heat grill pan with small amount of oil

-add onion if desired until it begins to turn clear

- add well seasoned fish fillets (for teriyaki, do ginger salt, and lemon/lime pepper or citrus rub, for Orange chipolte, a bit spicier, add ancho chili rub, citrus rub, lemon/lime pepper)

-grill fish till brown lines on outside, cover if needed till centers are done enough that can cut through but not dry

- cut into pieces add glazing sauce and cook till coated (2 min max).

-serve with grain of choice.

## **Grace's Herbed Spaghetti Squash**

1 small spaghetti squash (about 2lbs)

2 tbs butter (or parve margarine)

Minced fresh or dried herbs, your choice depending on taste.

if fresh, use up to small handful altogether. If dried, around 3tbs altogether.

I use about 1tbs fresh basil, 1tbs fresh parsley, dash of oregano (1tsp fresh, 1/4 tsp dried) and dash of thyme (1tsp fresh, 1/4 tsp dried) pinch of dried mint (1/8tsp), pinch of dill (1/8tsp).

Salt and Pepper to taste

Poke holes in squash all over and put in the microwave for appx. 5 minutes to help with cutting in half. Once cooled, attempt to cut in half lengthwise, if the squash is still too hard, put back in microwave and cook in 2 minute increments.

-Once squash is halved lengthwise, use a bakingdish to set 1 half, cut side down, inside with about half an inch of water, cover with perfect fit lid, or saran wrap and microwave for another 5 minutes. Do this for both halves until both are tender \*

- Once cooled, use a spoon to remove the seeds (discard them).

-Use a fork to pull apart the strands from the squash all the way to the rind. Easiest if you move horizontal as opposed to lengthwise.

-Put the strands in a large sautee pan or wok, add butter and herbs and toss together over medium low heat. \*

-Add salt and pepper to taste, I use about 1tsp of both or less.

\*NOTE- if squash is still not tender, put covered in oven at 350 and check every 5 minutes, can do this at any stage in the process.

## **Jamaican Orange oven baked Salmon** (derived from Andrea Becca's recipe)

1/2 of a Salmon cut lengthwise, relatively thick.  
1 tbs butter or olive oil  
1/2c tomatoes  
1/2 c chopped onion  
1/2 c green onion  
1 c sliced carrot  
4 cloves garlic  
1tbs oregano  
1tbs parsley  
1/2 c lime or lemon juice  
1/2 c. orange juice  
1/3 c brown sugar  
2 tbs cinnamon  
crushed pineapple if desired

- clean and dry Salmon
- grease 10x13 baking dish with olive oil or butter
- place salmon in baking dish, make deep cuts into salmon about 1inch apart
- fill cuts with tomato, oregano, parsley, garlic, green onion, and onion, add any that doesn't fit just place on top and around, including pineapple if desired, add carrot to top as well.
- mix orange juice, lemon or lime juice, cinnamon, and brown sugar and pour on top
- Can hold in refrigerator until ready, or may bake immediately at 350 degrees for 25 minutes, 10 minutes covered and 15 uncovered.

### **Quinoa- an African gluten free grain**

1 med onion, chopped (foodprocessor)  
1 large red pepper, chopped  
4 oz mushrooms, washed and chopped  
3 minced garlic cloves  
2 c. rinsed quinoa  
4c water  
2 vegetarian soup stock cubes  
1/2 - 3/4 c raisins  
handful of pecans

- add finely chopped onions, minced garlic, and salt to olive oil in wok and saute until onions begin to brown
- add chopped red pepper and mushrooms and continue to saute until onions are fully caramelized
- add water, stock cubes, and rinsed quinoa and bring to simmer
- stir once after 5 minutes then simmer for 35 minutes or until all water has been cooked in.
- when 1/2 way done (appx 15 minutes) add raisins and pecans.

### **Kasha- Buckwheat a gluten free grain**

1c Kasha  
1 egg

2c broth, bouillon, or water  
1 red pepper, diced  
3 stalks green onion, finely chopped  
1 small onion, diced  
salt and pepper to taste

-scramble egg, and toss with kasha till coated  
-Over medium heat, toast egg-coated Kasha till the grains separate, appx 5 minutes.  
-meanwhile, saute onion, green onion, and red pepper together until beginning to brown (can cook for more or less time depending on taste)  
-Add kasha and sauteed vegetables to boiling broth, cover, and let simmer till all liquid is absorbed, appx 20 minutes.

### **Tuna Papaya**

2 cans tuna, rinsed and drained  
2-3 T lowfat mayo  
2-3 T plain yogurt  
1 apple, finely diced  
1-2 sticks celery, chopped  
chopped grapes  
1-2 tsp curry powder if desired  
2 fresh ripe Hawaiian Papaya (strawberry papaya) and lime

-Mixed ingredients in bowl until creamy, other than papaya and lime.  
-Slice papaya in half lengthwise, take seeds out, and sprinkle with lime juice  
- fill inside of papaya with tuna mixture.

### **Brazilian Fish with Black beans and Rice**

1lb white fish fillets (cod, pollock, swordfish, sole, halibut)  
lemon or lime juice  
Chef Paul Prudons 'Seafood Magic' spice or other spices  
Dill weed  
Wine

1 can black beans  
1 onion, diced  
1 red pepper, diced  
1 clove garlic, minced

-wash fish, sprinkle with lemon/lime juice and white wine  
-sprinkle with dill weed and herbs of choice (chef paul prudons)  
-can use lemon pepper, ancho chili powder, small amount of salt

- grill in a grill pan till done, appx 8-10 minutes
- for black beans, saute onion and garlic till clear in oil
- add pepper and drained can of beans. salt and pepper to taste.
- cook till done, serve with rice.