



# Blackened Fish with Strawberry Kiwi Salsa

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# Vegetable and Goat Cheese Phyllo Pie

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# BLACKENED FISH WITH STRAWBERRY KIWI SALSA

## Ingredients

Makes 4 Servings

### For the Blackened Fish:

- 4-4 oz fillet fish  
(4 ounces each; flaky white fish like tilapia, flounder or sole, or red fish work well – look for something you like that's on sale)
- 2 Tbsp chili powder
- 2 tsp garlic powder
- 2 tsp cumin
- 2 tsp paprika
- 1/2 tsp salt

### For the Strawberry Kiwi Salsa:

- 1 1/2 cup diced strawberries (about 1/2 pound) (you can substitute cantaloupe melon or mango based on what is in season or on sale)
- 1 medium peeled, diced kiwi
- 1/2 medium peeled, diced cucumber
- 2 Tbsp chopped, fresh cilantro
- 2 tsp lemon juice
- 1/4 cup thinly sliced red onion (optional)
- 1/4 medium seeded, minced jalapeño (optional)

## Recipe

### For the Blackened Fish:

- In a small bowl, mix dry ingredients (chili powder, garlic powder, cumin, paprika and salt)
- Generously coat fish with seasoning mixture on one side.
- Spray frying pan or skillet with cooking spray, heat over high heat. Place fish in pan, seasoning side down and cook for 3 minutes. While cooking generously coat the other side with seasoning mixture. Flip fish and cook for 3 minutes longer.

### For the Strawberry Kiwi Salsa:

- Place all ingredients in a medium bowl and toss. Keep chilled until serving. Serve salsa over fish.

## Nutrients

Calories.....	155	Cholesterol.....	57 mg
Total Fat.....	2.5 g	Sodium.....	355 mg
Saturated Fat.....	0.5 g	Total Carbohydrate.....	10 g
Trans Fat.....	0.0 g	Dietary Fiber.....	3 g
Polyunsaturated Fat.....	0.5 g	Sugars.....	5 g
Monounsaturated Fat.....	0.5 g	Protein.....	24 g

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# VEGETABLE AND GOAT CHEESE PHYLLO PIE

## Ingredients

Makes 4 Servings

- Cooking spray
- 1 Tbsp. olive oil (extra virgin preferred)
- 4-5 medium green onions (about 1 cup), chopped
- 2 medium zucchini (thinly sliced)
- 10 oz. frozen, chopped spinach (thawed, squeezed dry)
- 1/4 cup chopped, fresh parsley
- 2 Tbsp. chopped, fresh mint
- 2 medium garlic cloves (minced)
- 1 cup fat-free evaporated milk
- 1/2 cup egg substitute
- 1/4 tsp. pepper
- 1/8 tsp. ground nutmeg
- 6 phyllo dough sheets (each 14 x 9 inches), thawed
- 1 1/2 oz. soft goat cheese

## Recipe

- Preheat the oven to 375°F. Lightly spray a 9-inch pie pan with cooking spray. Set aside.
- In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the green onions for 2 minutes, or until softened, stirring frequently.
- Stir in the zucchini. Cook for 4 minutes, or until beginning to brown, stirring frequently.
- Stir in the spinach, parsley, mint, and garlic. Cook for 2 minutes, stirring frequently.
- In a small bowl, whisk together the evaporated milk, egg substitute, pepper, and nutmeg. Set aside.
- Working quickly and keeping the unused phyllo covered with damp paper towels to prevent drying, place one sheet of phyllo in the pie pan, gently pressing on the bottom and side of the pan, letting the ends overhang the pan. Repeat with the remaining phyllo, placing the sheets in a crisscross pattern.
- Spoon the green onion mixture over the phyllo. Pour in the milk mixture, swirling if needed to cover the surface. Dot with the cheese.
- Fold the ends of the phyllo toward the center of the pan, leaving a circle of the filling showing. Lightly spray the phyllo with cooking spray. Gently press the phyllo on the filling so the phyllo will hold its shape.
- Bake for 30 to 40 minutes, or until golden. Transfer to a cooling rack and let cool for 15 minutes. Cut into wedges. Serve warm.

## Nutrients

Calories.....	230	Cholesterol.....	7 mg
Total Fat.....	7.0 g	Sodium.....	318 mg
Saturated Fat.....	2.0 g	Total Carbohydrate.....	28 g
Trans Fat.....	0.0 g	Dietary Fiber.....	5 g
Polyunsaturated Fat.....	1.0 g	Sugars.....	12 g
Monounsaturated Fat.....	3.0 g	Protein	15 g

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# Chickpea Salad with Tomatoes & Cucumber

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# Citrus Ginger Honey Glazed Salmon with Whole Grain Rice and Sugar Snap Peas

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## CHICKPEA SALAD WITH TOMATOES AND CUCUMBER

### Ingredients

Makes 4 Servings

- 15.5 oz canned, no-salt-added or lower-sodium chickpeas (garbanzo beans), drained, rinsed
- 1 cup chopped, fresh tomatoes (any type)
- 1 cucumber (chopped)
- 2 stalk celery (chopped)
- 1/4 small red or yellow onion (sliced)
- 1/2 cup chopped, fresh cilantro
- 1 Tbsp extra virgin olive oil or canola
- 1/2 Tbsp balsamic vinegar or lemon juice
- 1/2 tsp ground cumin
- 1/4 tsp sweet paprika

### Recipe

- Add all the ingredients into a large bowl.
- Stir to combine and serve.

### Nutrients

Calories .....	168	Sodium .....	48 mg
Total Fat.....	4.5 g	Total Carbohydrate .....	25 g
Saturated Fat .....	0.5 g	Dietary Fiber .....	6 g
Trans Fat.....	0.0 g	Sugars .....	4 g
Polyunsaturated Fat.....	0.5 g	Protein .....	7 g
Monounsaturated Fat .....	2.5 g	Sugars .....	4 g
Cholesterol .....	0 mg	Protein .....	7 g

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## CITRUS GINGER HONEY GLAZED SALMON WITH WHOLE GRAIN RICE AND SUGAR SNAP PEAS

### Ingredients

Makes 4 Servings

- 1/2 tsp fresh ginger (peeled, grated) or 1 tsp dried ginger
- 1 clove fresh garlic (minced) or 1 tsp jarred, minced garlic
- 2 tsp vegetable oil
- 2 tsp low-sodium soy sauce
- 1 tsp honey
- 2 tsp fresh or jarred lemon juice (about 1/2 a lemon)
- 2 Tbsp fresh basil (or 6-8 leaves) chopped or basil
- 1 lb boneless, skinless salmon (cut into 4 - 4 oz. filets)
- 1 cup uncooked brown rice
- 2 cup fresh sugar snap peas
- 8 lemons (thinly sliced)
- aluminum foil

### Recipe

- Preheat oven to 450° F. In a large bowl, combine ginger, garlic, vegetable oil, soy sauce, honey, lemon juice and basil and add fish. Marinate in refrigerator for 10 minutes.
- Prepare rice according to instructions on package, excluding any salt or oil.
- Cut 8 pieces of aluminum foil; wide enough to fit one piece of salmon and 1/2 cup of snap peas.
- Remove fish from marinade and discard remaining marinade. Arrange lemon slices on top and bottom of fish filet. Place one fish filet and half of snap peas together on one piece of parchment. Cover with another piece of foil and tightly fold together top and bottom edges of foil to create a seal to the steaming pouch. Repeat for second portion. Place on baking sheet and bake for 12 minutes.
- Carefully cut open pouch and remove contents. Put salmon and snap peas over rice and serve.

### Nutrients

Calories .....	247	Cholesterol.....	53 mg
Total Fat.....	6.0 g	Sodium .....	158 mg
Saturated Fat.....	1.0 g	Total Carbohydrate.....	20 g
Trans Fat.....	0.0 g	Dietary Fiber .....	2 g
Polyunsaturated Fat.....	1.5 g	Sugars.....	2 g
Monounsaturated Fat.....	2.0 g	Protein.....	27 g

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