



Spicy Grilled Snapper with Garden Salsa

This low-calorie, low-fat, and high-protein dish has a host of other benefits – it is a source of almost every major vitamin and even contains your full daily intake of vitamin B12 and the antioxidant selenium. It's also versatile, and works equally well with other firm fishes such as tuna, halibut, or Alaskan pollock. And take note, busy chefs – all prep work (steps 1-3) can conveniently be done up to a day ahead.

Prep: 40 minutes • Total: 50 minutes

Ingredients:

Garlic cloves, unpeeled	6 large	6 large
Jalapeño chillies	3 each	3 each
Lime juice	¼ cup	63 mL
Salt	¼ tsp	3 mL
Red snapper fillets	4 each	4 each
Heirloom tomatoes, diced	2 cups	500 mL
Red onion, diced	¼ cup	63 mL
Cilantro, fresh, finely chopped	1 Tbsp	15 mL
Mint, fresh, finely chopped	1 Tbsp	15 mL
Basil, fresh, finely chopped	1 Tbsp	15 mL

Directions:

1. Heat small, dry skillet over medium heat. Roast garlic and jalapeños, turning occasionally. Cook until soft (about 5-10 minutes for jalapeños, 15 minutes for garlic). Both will blacken in spots.
2. Cool, then peel garlic. Puree garlic, jalapeños, lime juice, and salt in a blender. Scoop half the mixture into medium-sized baking dish. Place fish in dish and flip to coat both sides; cover, and place in fridge 10-20 minutes to marinate.
3. Transfer remaining puree to bowl, and add tomatoes. Rinse onion in cold water, and add to mixture. Stir in cilantro, mint, and basil. Set aside.
4. Coat grill with cooking spray, and heat to medium-high (about 375°F). Remove fish from marinade, and place on grill. Cover and cook 3 minutes.
5. Uncover fish, flip, and cover again. Cook until done.
6. Transfer fish to plates, cover with salsa, and serve!

Nutrition Facts

Serving Size (279g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 390mg	16%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 31g	
Vitamin A 4%	Vitamin C 45%
Calcium 8%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Adapted from: SELF Magazine, July 2010

Makes 4 servings (279g / serving) • 1 serving = 1 fillet + salsa

Prepared By: Jennifer Broxterman, Registered Dietitian & Lisa Doerr, BSCh Foods & Nutrition student
NutritionRx • Email: info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca