

Spicy Braised Mahi Mahi

Makes 6 servings

6 - 4 oz. mahi mahi filets
3 T lemon juice
1/4 t salt
1/4 t black pepper
1/4 cup olive oil
2 T minced garlic
1 T minced serrano pepper
1 - 6 oz. can tomato paste
1 cup water
1 cup cilantro, roughly chopped



Combine fish, lemon juice, salt, and black pepper in a bowl and set aside. Heat oil in a flat non-stick skillet on medium high heat for 1 minute. Add garlic and pepper and cook until garlic is slightly browned. Add tomato paste and continue to cook an additional 2 minutes. Add cilantro, water, and fish with the liquid in the bowl. Reduce heat to medium and cook covered for 20 minutes. Uncover and ensure fish has reached an internal temperature of 145°F.

Nutrition information per serving: 210 calories, 10g fat (1.5g saturated fat), 22g protein, 220mg sodium, 2g dietary fiber. Excellent source of vitamin A. Good source of Iron and vitamin C.

This recipe is adapted from Saveur Magazine. It appears as Chreime (Spicy Tunisian Fish Stew) in an article by Gabriella Gershenson. Photo Credit Todd Coleman

