

Citrus Marinated Red Snapper

In an effort to eat a bit healthier, I've been testing out some different combinations of foods. Saying no to meat and pasta is tough, but if you use the right grains and veggies you can at least add some bulk to a meal and not starve yourself.

This red snapper dish with cauliflower and lentils was surprisingly satisfying. Okay, would I have rather had spaghetti carbonara? Yes, but my cardiologist will be glad I made this instead.

INGREDIENTS (serves 2-4)

- 1 pound red snapper filets
- 4 tablespoons of olive oil
- 2 onions, sliced
- 3 cloves garlic, sliced
- 1 cup black lentils
- 1.5 cups mushroom broth or water
- 1 cup white wine
- 1 cauliflower (chopped into small pieces)
- salt and pepper
- zest of one orange for garnish
- 2 tablespoons parsley, chopped for garnish
- seeds of one pomegranate (optional)

MARINADE

- 2 tablespoons orange juice
- 1 tablespoon honey
- 1 tablespoon olive oil
- 1 tablespoon sesame oil
- 1 tablespoon lime juice
- 3 cloves garlic, minced
- 1 tablespoon ginger, minced
- 2 tablespoons soy sauce

PREPARATION

In a small bowl, whisk together all of the marinade ingredients. Season the snapper filets with salt and pepper. Gently place the filets in a Ziploc bag. Add the marinade and seal tightly. Allow the marinade to cover the filets and place the bag in the refrigerator for one hour.

In a large skillet over medium-low heat, add 2 tablespoons of olive oil. When hot, add the onions and garlic and sauté until they begin to brown, about twenty minutes. Set aside.

Pre-heat oven to 400 degrees. Place a sheet of aluminum foil over a large baking sheet. Spread out the cauliflower evenly over the aluminum foil. Season with salt and pepper. Generously drizzle 2 tablespoons of olive oil over the cauliflower. Mix with your hands and re-spread out evenly over aluminum foil. Bake for 20 minutes or until the cauliflower begins to brown. Set aside.

In a medium sized saucepan, add one cup of lentils and 1.5 cups of broth and 1 cup of white wine. Bring to a boil, then reduce heat to simmer for 20 minutes.

While the lentils are cooking, spread the onions out onto a medium sized baking dish. Gently remove the fish filets from the marinade and lay on top of the onions. Pour the remaining marinade over the fish. Bake for 25 minutes at 400 degrees.

To serve, use a spatula to gently place the onions and fish filets on a platter. Place the lentils on one side of the fish and the cauliflower on the other.

Garnish with orange zest, pomegranate seeds, and parsley.