

Garlic Lime Fish

A quick, easy and nutritious meal. The lime juice and cilantro add a burst of flavor, and the lime crema gives a little coolness to the spices.



Prep Time: 5 minutes

INGREDIENTS

Yield: 2-4 servings

Fish

- 4 tablespoons olive oil
- 1 tablespoon lime juice
- 2 cloves garlic, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 pound white fish (eg. Porgy, Cod, Snapper, Fluke)
- Serve with warm corn tortillas, pear and red cabbage slaw and black beans and cauliflower rice
- Drizzle with Lime Crema

Lime Crema

- 1/2 cup plain Greek yogurt
 - 1 fresh lime juice and 1 teaspoon zest
 - 1/2 cup chopped cilantro
 - 1/4 teaspoon salt
 - Water to thin crema a little for easier drizzling
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Cook time: 10 minutes

PREPARATION

Fish

- In a small bowl, combine 2 tablespoons oil, lime juice, garlic, salt and pepper.
- Brush marinade on the fish until it is evenly coated.
- Heat 2 tablespoons olive oil in pan. Sauté fish 2-3 minutes on each side until brown and the fish is flaky when tested with a fork.
- When cooked transfer the fish onto a plate and break into smaller pieces using a fork.

Lime Crema

- In a small bowl, whisk together all the crema ingredients.

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