

3 Healthy, Quick & Easy Fish Dishes



Spiced Garlic Salmon

Ingredients

2 cloves of garlic crushed

1 dried red chili pepper

Sea Salt to taste

Ground black pepper to taste

2 tablespoons of lime juice

1 teaspoon whole grain mustard

1 tablespoon olive oil

Method

Preheat oven to 400 degrees F (200 degrees C). Line a medium baking dish with aluminum foil. Lightly grease foil.

With a mortar and pestle, grind together the garlic, chili pepper, and olive oil (or zip in a food processor). Mix into a thick paste with the mustard, lime juice, salt, and pepper. Place the salmon fillets in the prepared baking dish, and coat with the paste mixture.

Bake salmon 12 to 15 minutes in a preheated oven, or until fish is easily flaked with a fork.

Delicious Fisherman's Quick Fish Dinner

Ingredients

- 4 (6 ounce) fillets of cod
- 1 cup creamy Italian-style salad dressing
- 1/4 cup shredded sharp Cheddar cheese (optional)
- 1 cup crushed whole grain crackers

Method

Preheat oven to 400 degrees F (200 degrees C). Coat a 9×13 inch baking dish with non-stick cooking spray.

Marinate the fish fillets in the salad dressing for a few minutes in a medium bowl.

Toss the shredded cheese and crushed crackers together. Place the marinated fish fillets in the prepared baking dish and top with the cheese/cracker mixture. Discard the leftover marinade.

Bake, uncovered in the preheated oven for 8 to 10 minutes or until the fish can be flaked with a fork.

Healthy Fish Taco

Ingredients

- 1 cup all-purpose flour
- 2 tablespoons cornstarch
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt, 1 egg, 1 cup beer
- 1/2 cup plain yogurt
- 1/2 cup mayonnaise
- 1 lime, juiced
- 1 jalapeno pepper, minced
- 1 teaspoon minced capers
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried dill weed
- 1 teaspoon ground cayenne pepper
- 1 pound fish fillets, (or any fish) cut into 2 to 3 ounce portions
- 1 (12 ounce) package corn tortillas
- 1/2 medium head cabbage, finely shredded

Method

Beer batter: Combine flour, cornstarch, baking powder, and salt in a large bowl. Blend egg and beer, and then quickly stir into the flour mixture.

White sauce: In a medium bowl, mix together yogurt and mayonnaise. Gradually stir in fresh lime juice until consistency is slightly runny. Season with jalapeno, capers, oregano, cumin, dill, and cayenne.

Grease a baking sheet well & Heat oven to 400 degrees F (200 degrees C).

Dust fish pieces lightly with flour. Dip into beer batter, and bake until crisp and golden brown, about 15 minutes. To serve, place fish in a tortilla, and top with shredded cabbage, and white sauce.

Source: Allrecipes.com



Alternative Health Concepts

<http://www.alternative-health-concepts.com>