

Light and Fresh Recipes for the End of Summer Season

Fifteen Minute Halibut with Avocado Salsa:

Ingredients

- 4, 6 oz halibut steaks or filets
- ¼ cup minced scallion
- 1-2 tsp finely minced jalapeno
- 6 medium cloves garlic, pressed
- ¼ cup + 1 TBSP fresh lemon juice
- 3 TBSP chopped fresh cilantro
- 8 cherry tomatoes, quartered
- 1 medium ripe but firm avocado diced in ¼ inch cubes

Directions

- Mix all ingredients except halibut in a bowl and set aside.
- Preheat a 10-12 inch stainless steel skillet on medium high heat for about 2 minutes.
- Rub halibut with 1 TBSP lemon juice and season with a little pepper. Place in hot pan (you do not need oil or liquid for this). Cook for 3 minutes of both sides. Place on plate and top with salsa.

Serves 4

- One serving is 262.88 calories
- Excellent source of protein, selenium, and vitamin D
- Good source of omega 3 fatty acids
- 4 grams of carbohydrate

Source: the world's healthiest foods, www.whfood.org

Cauliflower Mashed potatoes

Ingredients

- 1 medium cauliflower head
- 1 ounce margarine (choose one that does not contain trans fat and has less than 2 grams saturated fat per serving)
- 1 ounce non-fat sour cream or fat-free half-and-half
- Salt and pepper

Directions

- Cook cauliflower until fork tender (steam or boil)
- Drain as needed and mash by hand or in food processor until desired consistency (whipped, creamy consistency to mimic mashed potato)
- Mix in margarine and sour cream, to taste
- Add flavor as desired such as dill, garlic or onion powder, paprika, parsley or sage. Sprinkle with parmesan cheese.

Serves 4

- 3/4 cup = 93 calories, 5.9 gm fats (1.1 gm sat fat, 1.9 gm polyunsat fat, 2.8 gm monounsat fat, 0 trans fat), 8.8 gm carbohydrate