

GRILLED ORANGE ROUGHY & CILANTRO

INGREDIENTS

- 2 Orange Roughy fillets
- 1/2 teaspoons salt, pepper, Cajun spice
- 1/2 cup chopped onion
- 1/2 cup sliced zucchini
- 2-4 cloves garlic - optional
- 1/4 cup cilantro
- 2 TBSP olive oil

DIRECTIONS

- Heat grill to medium high
- To make a tinfoil pocket, place approx 10-12 inches of foil on a flat surface such as a chopping board. Allow additional 10-12 inches to remain to cover ingredients
- Place 1 TBSP of olive oil on tin foil, top with Orange Roughy fillets.
- Add onion, zucchini, cilantro, garlic (optional) on top and around the filets.
- Season to taste with salt, pepper and Cajun spice.
- Fold excess foil over the ingredients, pushing edges together making a pocket.
- Place foil pocket on grill for 10 -15 minutes, until the fillets flake easily with a fork



SAUTEED & BAKED BRUSSELS SPROUTS WITH PINENUTS & CRANBERRY

INGREDIENTS

- 1 to 1 1/2 pounds Brussels sprouts
- 1-2 teaspoons kosher salt; or to taste
- 1-2 teaspoons freshly ground black pepper; or to taste
- 5-10 TBSP olive oil
- 1/4 cup roasted Pinenuts, 1/4 cup dried cranberries (optional)

DIRECTIONS

Heat oven to 400F

Wash Brussels sprouts and remove outer / yellow leaves. Cut sprouts in half. Sautee Brussels sprouts on medium to high heat until edges begin to caramelize (brown)

Transfer Brussels sprouts to baking pan. Drizzle olive oil over sprouts, sprinkle salt and pepper generously

Cover with foil and bake for 30-40 minutes or until sprouts are tender.

Optional - Sautee Pinenuts in sautee pan with small amount of olive oil until lightly browned. Sprinkle on top of Brussels sprouts before serving.

