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RED SNAPPER VERA CRUZ

Final Lifestyle

Ingredients

For the red snapper:

2 shallots, chopped
2 cloves garlic, chopped
1 TSP fresh lime juice
1 *pinch* sea salt
½ cup white wine
1 TBS fresh oregano
freshly ground black pepper
4 red snapper fillets (about 4 to 6 oz. each)

For the salsa vera cruz:

1 red bell pepper, seeded
1 yellow bell pepper, seeded
2 TSP olive oil
1 tomato, chopped
2 cloves garlic, minced
1 TBS fresh oregano, chopped
½ jalapeño chili pepper, seeded, roasted and chopped
2 TBS capers, drained
¼ cup black olives, chopped
½ cup white wine
¼ cup low-sodium chicken stock or water
Morton's Lite salt, to taste
freshly ground black pepper
4 lime wedges, for garnish
fresh oregano sprigs, for garnish

Instructions

0. Preheat the grill. In a bowl, combine the shallots, garlic, lime juice, sea salt, wine, oregano and pepper. Coat the snapper with the marinade and marinate in the refrigerator for 10 minutes.
1. While the fish is marinating, make the salsa. Grill the bell peppers and when charred evenly on all sides, cut them into julienne strips.
2. Heat the olive oil in a sauté pan over medium heat. Add the tomato, garlic and oregano and cook for 2 minutes. Add the peppers, chili pepper, capers, olives, wine and stock and simmer for 5 minutes over low heat. Season to taste and set aside until ready to use.
3. Grill the snapper fillets about 2 minutes on each side, depending upon thickness. Top with 2 TBS of the salsa. Garnish with a lime wedge and a sprig of fresh oregano.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 snapper fillet + 2 TBS salsa = 1 P, 1 V, ½ FT

