

**Living Well: Cooking For One or Two People**

**March 2020**

**Fish Dishes**

**Barbecue Salmon with Radish Slaw**

**Grilled Tilapia with Pineapple Salsa**

**Fish Tacos**

**Nicoise Tuna Salad Plate**

**Crispy Parmesan Shrimp with Spaghetti**

## Barbecue Salmon with Radish Slaw

### Ingredients:

1/8 cup cider vinegar  
1 Tbsp. honey  
¾ cup radishes  
1 small carrot  
2 tsp. snipped fresh parsley  
1 skinless salmon fillet (4 oz.)  
2 tsp. smoky barbecue rub  
Coarsely ground black pepper  
1 tsp. Olive oil

### Directions:

Pour vinegar into a small bowl. Microwave on high until reduced by half.

Whisk in honey, microwave until it begins to thicken. Set aside to cool.

Mixture will be very hot.

Meanwhile, slice radishes into thin julienne strips.

Peel carrot & cut into julienne strips as well,

Snip parsley. Combine radishes, carrot and parsley into a bowl.

Heat grill pan over medium-high heat for 5 minutes.

Coat salmon on all sides with BBQ rub. Cook 2-3 minutes; turn salmon over & cook 2-3 minutes or until salmon flakes easily with a fork. Remove from heat, Brush salmon with the honey mixture.

To serve: whisk pepper into remaining honey mixture. Slowly add oil while whisking constantly until blended. Pour vinaigrette over radish mixture; toss to coat. Serve slaw immediately with salmon.

Serves: 1

Calories: 360, CHO: 3 g, Protein: 12 g, Fat: 6 g, Sodium: 410 mg, Fiber: 1 mg

## Grilled Tilapia with Pineapple Salsa

### Ingredients:

Pineapple Salsa:

1/8 of a medium fresh pineapple

1/16 of a small red onion

¼ Serrano pepper

2 tsp. Chopped fresh cilantro

1 lime

Tilapia:

2 tsp. Taco seasoning mix

1 Tbsp. Olive oil

1 boneless, skinless tilapia fillet (about 4 oz)

### Directions:

Heat grill pan over medium-high heat, 5 minutes.

Slice pineapple into strips & remove core. Arrange strips on grill pan, cook 2-3 minutes on each side. Set aside.

Chop onion. Chop Serrano pepper & cilantro. Combine onion, Serrano pepper, cilantro in a small bowl. Zest lime (1/4 tsp) and then juice lime to measure ¾ tsp.; add to bowl & mix well.

Whisk taco seasoning & oil; mix well. Add tilapia; turn to coat.

Place tilapia onto grill pan, cook 2 minutes or until grill marks appear.

Turn tilapia over & cook 2 minutes or until tilapia flakes easily with a fork,

Remove tilapia from pan.

As tilapia cooks, chop pineapple & add to onion mixture in batter bowl; mix well.

To serve, top tilapia with pineapple salsa.

Serve: 1

Calories: 240, CHO: 13 g, Protein: 12 g, Fat: 12 g, Sodium: 590 mg, Fiber: 2 g

**Note: Fish tacos can be made with the above recipe. Add fish to a corn tortilla and top with pineapple salsa or salsa of choice.**

## Arugula Nicoise Salad



### Ingredients

8 small handfuls of Arugula  
16 oz. mini red-skinned potatoes, roasted  
1 can tuna, 5 oz., drained & flaked  
Cherry tomatoes, halved-1 cup  
6 hard-boiled eggs, peeled & halved  
1 cup fresh green beans, sliced & trimmed  
1/2 cup Kalamata olives, pitted  
Olive oil  
2 Tbsp. marinated capers

Serves 6

### INSTRUCTIONS

Toss potatoes with a drizzle of olive oil in a bowl & add a pinch of salt, optional  
Lay out potatoes onto a parchment paper lined baking sheet and roast potatoes at 425 degrees F for 25-30 minutes or until fork-tender.

Lay-out arugula on a large platter and top with all of the ingredients, making rows with the ingredients.

Sprinkle with the capers over the whole platter.

Dress with your favorite vinaigrette: combine 1/4 cup olive oil, 1 Tbsp. Dijon mustard & 1/3 cup balsamic vinegar.

## Crispy Parmesan Shrimp with Spaghetti

### Ingredients:

1 oz. Parmesan cheese  
1 egg white  
1 garlic clove, pressed  
Coarsely ground black pepper  
¼# frozen large uncooked shrimp, thawed  
2 tsp. Snipped fresh parsley  
2 oz uncooked spaghetti  
½ cups broccoli florets  
¼ cup marinara sauce

### Directions:

Preheat oven to 425 degrees. To start pasta bring water to a boil in a medium pot. In a small skillet, spray with olive oil and heat for 1-2 minutes or until hot. Grate fresh Parmesan cheese evenly over skillet. Cook 4 minutes or until cheese is lacy & golden. Starting at edges, immediately loosen cheese with a small turner, slide onto a cutting board & cool completely. Place in a plastic bag and break up into crumbs.

For shrimp, whisk together egg white, pressed garlic & black pepper in a medium bowl. Peel & devein shrimp, remove tails. Add shrimp to egg mixture and toss to coat. Arrange shrimp in a single layer in a small baking dish.

Snip parsley and toss into cheese crumbs. Sprinkle cheese mixture over shrimp. Bake 10-12 minutes or until shrimp are cooked through.

Add pasta to boiling water, cook 4 minutes. Meanwhile cut broccoli into small florets and add to boiling pasta, cook 1-2 minutes or until pasta is cooked to desired tenderness.

Meanwhile, place sauce into a microwave safe bowl & heat 2 minutes or until heated through. Drain pasta & broccoli. To serve: Place pasta on a plate and spoon sauce over pasta mixture; top with shrimp.

Serves: 1

Calories: 400, CHO: 49 g, Protein: 37 g, Fat: 11 g, Sodium: 975 mg, Fiber: 4 g