

Pan-Grilled Snapper with Avocado-Strawberry Salsa



- 1 Florida jalapeño pepper, finely chopped
- 1 ripe Florida avocado, diced
- 2 cups Florida strawberries, finely chopped
- 1/4 cup Florida red onion, finely chopped
- 2 tablespoons Florida cilantro, finely chopped
- 1 teaspoon fresh Florida lime juice
- 1/4 teaspoon sugar
- sea salt to taste
- 4 6-ounce Florida snapper fillets
- 1 tablespoon olive oil
- 1 1/2 tablespoons fresh Florida lime zest

Stir jalapeño, avocado, strawberries, onion, cilantro, lime juice, sugar, and sea salt together in a bowl. Cover and set aside. Salsa may be made several hours ahead and chilled. When making ahead, add the sugar, salt and avocado when ready to serve. Preheat stovetop grill pan over high heat. Pat fillets dry then brush both sides with the oil; sprinkle with the lime zest. Lay fillets on grill pan skin side down and cook

4-5 minutes on each side, turning once, until cooked through. Transfer fillets to serving plates and top with avocado-strawberry salsa. Yield: 4 servings

Nutritional Value Per Serving: Calories 440, Calories From Fat 117, Total Fat 13g, Saturated Fat 2g, Trans Fatty Acid 0g, Cholesterol 63mg, Total Carbohydrates 40g, Protein 37g, Omega 3 Fatty Acid 0.06g

Chili-Cumin Snapper Fingers

- 2 pounds Florida snapper, cut into 1" strips
- 2 Florida eggs
- 2 tablespoons milk
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/2 cup flour
- 1 teaspoon cumin
- 1 teaspoon chili seasoning
- 5 tablespoons butter
- 2 tablespoons olive oil
- 2 Florida limes, halved

Pat snapper fingers dry with paper towel. Whisk together eggs and milk in a small bowl. Combine salt, pepper, flour, cumin and chili seasoning on a shallow plate. Coat fish fingers with flour mixture; dip in egg mixture, then into flour mixture. Set aside to dry for 5 minutes. Melt the butter and oil together in a heavy skillet over moderate heat. When butter foams, add the fingers; cook 3-5 minutes on each side until browned and cooked through. Serve with lime halves. Yield: 6 servings

Nutritional Value Per Serving: Calories 343, Calories From Fat 156, Total Fat 18g, Saturated Fat 8g, Trans Fatty Acid 0g, Cholesterol 153mg, Total Carbohydrates 11g, Protein 35g, Omega 3 Fatty Acid 0.04g



Florida Snapper Caribe

- 2 tablespoons extra virgin olive oil
- 1 1/2 cups Florida white onions, thinly sliced
- 2 tablespoons Florida garlic, minced
- 4 cups Florida plum tomatoes, seeded and chopped
- 1/2 cup yellow Florida bell pepper, chopped
- 1 1/2 cups dry white wine
- 2/3 cup green olives, sliced
- 1/4 cup capers, drained
- 1/8 teaspoon red pepper flakes
- 4 6-ounce Florida snapper fillets
- 2 tablespoons butter
- 1/4 cup fresh Florida cilantro, chopped

In a large sauté pan, heat olive oil over medium heat. Add onions and sauté until soft. Stir in garlic; sauté 1 minute. Add tomatoes and yellow pepper; cook until softened. Stir in wine, olives, capers, and red pepper flakes and bring to a simmer. Place fillets into sauce; cover pan and gently simmer for 10 to 12 minutes

until fish flakes easily with a fork. Transfer fillets to a serving plate and keep warm. Add butter to sauce and simmer until thickened. Stir cilantro into sauce and serve over fillets. Yield: 4 servings

Nutritional Value Per Serving: Calories 510, Calories From Fat 170, Total Fat 19g, Saturated Fat 6g, Trans Fatty Acid 0g, Cholesterol 80mg, Total Carbohydrates 26g, Protein 39g, Omega 3 Fatty Acid 0.06g

Spiced Snapper Tunisian

- 1/2 teaspoon cumin seeds
- 1/2 teaspoon coriander seeds
- 1/2 teaspoon dried hot pepper flakes
- 1/2 teaspoon caraway seeds
- 4 6-ounce Florida snapper fillets
- 3 cloves Florida garlic, thinly sliced
- 1 medium Florida onion, thinly sliced
- 2 medium Florida tomatoes, chopped
- 1/2 cup raisins
- 1/4 cup pine nuts
- 1 cup fish stock or bottled clam juice
- Florida parsley for garnish

Preheat oven to 400° F. In a skillet over medium heat, roast cumin and coriander seeds and pepper flakes for 2-3 minutes until fragrant. Remove from heat; grind spices in a spice grinder or with a mortar and pestle. Rub spice mix on the fillets. Let stand 10 minutes. In a small bowl, toss together the garlic, onion, tomatoes, raisins and pine nuts. Spoon 1/2 of this vegetable mixture into a greased flat ovenproof dish; place fillets on the vegetable layer. Top the fillets with remaining 1/2 of the vegetable mixture. Pour fish stock or clam juice over fillets. Bake for 20-30 minutes until fillets are cooked through. Garnish with parsley. Yield: 4 servings

Nutritional Value Per Serving: Calories 316, Calories From Fat 81, Total Fat 9g, Saturated Fat 1g, Trans Fatty Acid 0g, Cholesterol 63mg, Total Carbohydrates 20g, Protein 39g, Omega 3 Fatty Acid 0.07g

