

Fish/Seafood Recipes

Spanish Style Garlic Shrimp

Serves 4

2 1/2 tbsp. Roasted Garlic Grapeseed Oil
3 tsp fresh lime juice
1 1/2 tsp Adobo Seasoning Blend
1/4 tsp crushed red pepper
20 oz. jumbo shrimp, peeled & de veined
1 large red bell pepper cut into 1" pieces
1 large green bell pepper cut into 1" pieces
6-10 skewers soaked in water for 10 minutes

Preheat grill to medium-high. In a bowl combine oil, lime juice, adobo and pepper flakes. Set aside. Alternately skewer shrimp and pepper pieces and brush with mixture. Grill shrimp until opaque, about 1-2 minutes per side.

Glazed Salmon

Serves 2

14 ounces of salmon (enough for 2 fillets)
2 tablespoons of Splenda
1 1/2 teaspoons of dry mustard
1 tablespoon of soy sauce
1 1/2 teaspoons rice vinegar (make sure it is the 0 carb rice vinegar)
1/4 teaspoon Walden Farms Pancake Syrup

Mix together the Splenda, mustard, soy sauce, vinegar and syrup in a small dish. Separate out 1 tablespoon of this mixture and set aside in a separate dish.

Place the salmon fillets on a plate and pour the larger quantity of the sauce moisture over the salmon. Turn each Fillet so that both sides are coated with the glaze. Let the fish sit for a few minutes with the skinless side down in the sauce.

You can either grill it or broil it. If you broil it, spray the skillet with Pam. You will cook it for about 5 minutes per side. Baste once, when turning, with the sauce mixture that you reserved before you cook the other side. Drizzle the reserved seasoning mixture over each piece before serving.

Serve with steamed vegetable medley of cauliflower and broccoli. Enjoy!

Shrimp & Spinach Stuffed Portabella Mushrooms

Serves 2

Prep & cook time: 25 minutes

Ingredients:

2 portabella mushrooms
1/8 c. chopped green onions
1 clove garlic
1 1/2 c. spinach
5 large shrimp
2 tsp. olive oil
1 tbs chopped fresh basil
1 Roma tomato

*This would be a recipe you could do once or twice a week since the tomato is on the list of occasional vegetables.

Broil or grill the portabella mushroom caps after removing the gills and stem. Chop up the stem and saute with the garlic, green onions and spinach in your 2 tsp. of olive oil. Chop up the shrimp in to small pieces and add the sauteed vegetable mix when soft and use a spoon to combine. Stuff the portabella mushroom caps with this mixture. Bake at 350 degrees for about 15 minutes. Chop up your tomato and basil and sprinkle over the top before serving.

Shrimp, Asparagus & Mushroom Stirfry

Serves 4

1 Tbsp. grape seed extract oil
1 c. sliced mushrooms
1 large bunch asparagus, trimmed and cut on diagonal into 1" pieces
1 pound large shrimp, peeled and deveined
sea salt
fresh ground pepper
2/3 c Walden Farms Asian Dressing
1/2 c. chopped fresh basil

1. Heat a large, nonstick pan over high heat. Add Grapeseed oil. Add the mushrooms and asparagus and stir fry until the vegetables are almost tender, about 6 minutes.

2. Season the shrimp with salt and pepper to taste. Add them to the pan and cook for about 3 minutes, stirring often. Add the Walden Farms Asian Dressing. When the shrimp are cooked through and the sauce is hot (after about 2 minutes), stir in the basil. Season with salt and pepper to taste. Enjoy!

Shrimp and Asparagus

Serves 4

1/2 lb fresh asparagus
3 cloves of minced garlic
8 teaspoons of olive oil
2 tablespoon lemon juice
1 3/4 pound medium shrimp, peeled and deveined
1 pound of mushrooms, thinly sliced
salt and pepper to taste

1. In a small saucepan, boil or steam the asparagus in enough water to cover until tender, slice into 1 inch pieces.
2. In a large saucepan, saute the garlic in the olive oil over medium low heat until the garlic is golden brown.
3. Place the mushrooms in the pan and cook until tender.
4. Place the shrimp in the saucepan and cook until the shrimp turns pink.
5. Add the sliced asparagus. Add the lemon juice and heat through.

Shrimp Dijonnaise

Serves 2

1/2 cup lemon juice
4 teaspoons olive oil
2 tablespoons Dijon mustard
1 tablespoon Worcestershire sauce
3 minced garlic cloves
14 ounces of uncooked, large shrimp, peeled and deveined

1. In a large resealable bag, combine the lemon juice, oil, mustard, Worcestershire sauce and garlic. Add the shrimp. Seal the bag and turn to coat. Refrigerate for at least 4 hours, turning occasionally. Drain and discard marinate. Broil shrimp 4 inches from the heat for 4 minutes or grill until done.

Salmon with a Soy Sauce and Fresh Ginger sauce and greens:

Serves 2

3 teaspoons grapeseed oil
3 garlic cloves, chopped
1 slice peeled fresh Ginger
1 pound mustard greens or kale, cleaned, stemmed and torn into pieces
1 tablespoon soy sauce, plus additional for drizzling
2 wild salmon filets
1/4 teaspoon Redmond's sea salt

1. Heat oil in a large skillet. Add garlic, ginger and saute until fragrant and translucent, about 2 minutes. Add greens, soy sauce and water and saute until greens wilt, about 2 minutes.

2. Spread greens in bottom of pan. Top with salmon. Cover pan, reduce heat to medium and let fish steam until just thoroughly cooked, about 6 minutes. serve fish on top of greens and drizzle with soy sauce.

Kicked up Mahi Mahi with Salsa

Serves 2

10-15 ounce Mahi Mahi Filet
1 lemon
1 lime
Chili Powder
Cumin
Salt
Fresh Cilantro
Jalapeno
2 Roma tomatoes (this is from your occasional vegetable list)
cucumber
2-3 green onions

Line cooking sheet with foil and spray with Pam. Evenly coat fish fillet with chili powder, cumin and salt. Place slices of jalapeno and cilantro on fish. Squeeze some lemon and lime juice over fish. Cover fish with another foil piece and bake for 15-20 minutes at 400 degrees.

For salsa, chop up tomatoes, cucumber and green onion. Add some remaining chopped jalapeno and cilantro. Squeeze in some lemon/lime juice, add salt, dash of cumin and chili powder.

*If you are only serving 1, you can use the leftovers to make a yummy salad the next day for dinner.

Halibut with Tomato and Dill Relish

Serves 6

2 cups diced tomatoes (about 3 medium)
3 Tablespoons of finely chopped red onion
1 Tablespoon finely chopped seeded jalapeno pepper
1 tsp. chopped fresh dill
2 tsp. of fresh lemon juice
1/4 tsp. salt mixed with 1/4 tsp. Redmond's Organic Season salt
1/2 tsp. freshly ground black pepper, divided
6 (6-7 ounce) halibut fillets
1 tablespoon extra virgin olive oil
cooking spray
Dill Springs

Preparation:

1. Prepare grill.
2. Combine the first 5 ingredients in a medium bowl; stir in 1/4 tsp. salt mixture and 1/4 tsp. freshly ground black pepper. Toss gently to coat.
3. Brush fish with oil; sprinkle evenly with remaining 1/4 teaspoon of salt and 1/4 tsp. of black pepper. Place fish on grill rack coated with cooking spray; grill for 2 minutes on each side or until fish flakes easily when tested with a fork. Serve with tomato mixture, garnish with dill springs.

Jerk Spiced Shrimp Kabobs

1 Tbsp Splenda
1 Tbsp paprika
1/2 tsp sea salt
1/2 tsp garlic powder
1/2 tsp ground red pepper
1/4 tsp ground thyme
1/8 tsp ground allspice
2 Tbsp olive oil
1 1/2 lbs peeled and deveined large shrimp
Cooking spray

Preparation:

1. Prepare grill to medium-high heat.
2. Combine first 7 ingredients. Combine oil and shrimp in a large bowl; toss well to coat. Sprinkle spice mixture over shrimp; toss to coat. Thread shrimp evenly onto 8 (8 inch) skewers. Place skewers on a grill rack coated with cooking spray. Grill for 6 minutes or until done, turning once.

Salmon Salad

4 Servings

2 cups cooked, flaked salmon
2 hard-boiled eggs, chopped
1 red or green bell pepper, diced
1 cucumber, peeled, seeded and diced
1/2 cup diced celery
1/2 cup diced onions
6-7 tablespoons of Walden Farms Mayo
1/4 teaspoon cayenne pepper (optional)
Salt and pepper
1/2 lemon, juiced

In a large bowl, gently toss together the salmon and chopped hard boiled eggs. Combine the bell pepper, cucumber, onion and Walden Farms Mayo in another bowl. Add seasonings and stir to combine. Pour mixture over salmon. Add the lemon juice and toss lightly to combine. Serve over lettuce or in a lettuce leaf as a wrap.

Salmon with Dill-Mustard Glaze

2-3 Tbsp. chopped fresh dill
2 tsp. Wildtree Butter flavored grape seed oil
2 Tbsp.. Dijon mustard
1 tsp. grated lemon rind
2 Tbsp. fresh lemon juice
1/4 tsp. Redmond sea salt
1/4 tsp. ground pepper
2 garlic cloves, minced
1 (1.5-2.0 pound) salmon fillet, skinned and cut crosswise into 16 pieces

Prepare grill. Combine fresh dill, grape seed oil, mustard, rind, juice, salt, pepper and garlic in a bowl, stirring with a whisk. Add salmon pieces tossing gently to coat. Thread salmon onto each of the 4 (8inch) skewers. Place salmon on grill rack and grill for 3 minutes on each side or until fish flakes easily when tested with a fork.

Roasted Salmon with thyme vinaigrette

1/2 tsp Dijon mustard
2 tsp. apple cider
2 1/2 Tbsp. of Olive oil or garlic grape seed oil
1 Tbsp minced shallot
2 tsp minced fresh thyme
Sea Salt
Ground pepper

1 Salmon Fillet about 3/4 pound

3 cups of mixed baby lettuces or unlimited if on the IP diet:-)

Pre heat oven to 425. In a small bowl place mustard whisk in the vinegar. Gradually whisk in 2.5 Tbsp oil. Mix in the shallot and thyme. Season the vinaigrette to taste with salt and pepper . Spray pan with Pam olive oil. Spoon 1/2 the vinaigrette over the salmon, Let marinate for 15 to 20 minutes at room temp or refrigerate for 1 hour. Roast salmon until almost cooked through, about 15 minutes. Let rest while preparing salad.

Toss salad with remaining vinaigrette. If you are on the IP diet use the correct amount of the vinaigrette and save extra for another day.

Shrimp with Habanero Tomatillo Salsa

Serves 4

2 tsp. splenda
2 TBSP lime juice
2 TBSP cider vinegar
2 TBSP Ideal Protein Orange Drink Mix (take 2 tbsp from it after you mix it up with your water)
1/8 tsp salt
1/8 tsp fresh ground pepper
1/4 cup finely chopped red onion
1 habanero pepper, cored, seeded and finely chopped
1 tomatillo, finely chopped

Shrimp:

1 pound large shrimp
1 TBSP lime juice
2 tsp grape seed oil
1 garlic clove, minced
Dash of salt
Cooking spray

Prepare grill.

For the salsa, combine the first 6 ingredients, stirring well with a whisk. Stir in onion, habanero and tomatillo. Cover and let stand at room temperature for 30 minutes.

To prepare shrimp, peel shrimp, leaving tails intact. Starting at tail end, butterfly each shrimp, cutting to, but not through the underside of the shrimp. Combine 1 tablespoon of lime juice, 2 tsp of grape seed oil, garlic and a dash of salt in a large bowl. Add shrimp; toss well. Cover and marinate in refrigerator for 10 minutes.

Place shrimp, cut side down, on a grill rack coated with cooking spray and grill for 5 minutes or until shrimp is done, turning once. Serve with salsa.

Poached Salmon with Lamb's Lettuce and Spinach

1 cup lamb's lettuce
1/2 cup spinach
1/2 cup grated red cabbage
7-8 oz salmon fillet
The juice of 1/2 lemon

1. Poach salmon in 350 degree oven in a pan with water in the bottom only. Cover with foil. Bake approximately 10 minutes until done.
2. Mix greens, top with salmon. Drizzle with 2 tsp. olive oil, and fresh lemon and sprinkle with sea salt to taste.

Lime Dill Fish

Serves 4

4 (6 oz) tilapia or cod
1 Tbsp Wildtree Natural Grapeseed oil
3Tbsp fresh lime juice
1 tsp Wildtree Tzatziki Seasoning blend
Sea salt to taste

Preheat oven to 375 degrees. Place fish in a baking dish and drizzle with Grapeseed oil and lime juice on top. Sprinkle Tzatziki Seasoning Blend evenly among the fillets. Bake for 10-15 minutes. Season with salt to taste and serve.

Grilled Lemon Rosemary Tilapia

Serves 4

1 lb tilapia fillets
2 tsp Wildtree Natural Grapeseed Oil
2 tsp Wildtree Lemon Rosemary Blend

Brush oil onto tilapia fillets and sprinkle and pat with lemon rosemary seasoning. Heat grill to medium-high heat. Cook tilapia for about 5-7 min or until fish is opaque.

Grilled Blackened Tilapia

Serves 4

1 lb tilapia fillets

2 tsp Wildtree Natural Grapeseed Oil

2 tsp Wildtree Cajun Seasonings

Brush fillets with the grapeseed oil. Sprinkle Cajun Seasoning on the fillets and pat to help the rub adhere. Cook over medium-high heat on a grill until cooked through; 3-5 minutes per side depending on thickness.