



**Serving Suggestion**

**Grilled Seafood Kabobs**

1 lb shrimp, de-veined  
 1 lb fresh sea scallops  
 1 lb. mushrooms  
 1 (17 oz.) bottle barbecue sauce  
 1/4 cup honey  
 4 tablespoons stone ground Dijon mustard  
 8 wooden skewers  
 2 lbs. fresh fruit (as garnish)

In a medium bowl combine barbecue sauce, honey and mustard. Reserve 1/2 cup of the mixture and refrigerate until ready to grill kabobs. Alternately thread shrimp, scallops and mushrooms on skewers. Place kabobs in a baking dish, evenly spoon remaining marinade over kabobs. Cover and marinate for 12 hours or overnight in refrigerator.

Lightly oil grill grate. Place kabobs over direct heat for 7 to 8 minutes or until shrimp turn pink. Baste with reserved marinade turning frequently to prevent burning. Garnish with fresh fruit. **Makes 4 servings.**

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**Grilled Caesar Fish Fillets**

2 lbs. fresh fish steaks; Tilapia, swordfish, shark, tuna, or salmon  
 1/3 cup reduced-calorie Caesar salad dressing  
 18 small Romaine lettuce leaves  
 1/4 cup Parmesan cheese, grated  
 2 Tbsp. Caesar salad style croutons, crushed

Place fillets in shallow dish. Pour salad dressing over fish. Cover and refrigerate 1 hour, turning once. Heat grill; coat grill rack with cooking spray. Place fish on grill rack, 4-5 inches above medium-hot coals. Brush fillets with leftover marinade. Turn once and brush again with marinade. Grill approximately 8-10 minutes or until fish flakes easily with a fork. To serve, cut fish into 6 serving-size pieces. Arrange 3 lettuce leaves on individual serving plates; place fish on lettuce. Sprinkle each with Parmesan cheese and croutons. **Makes 6 servings.**

Visit [www.EasyFreshCooking.com](http://www.EasyFreshCooking.com) for more delicious seafood recipes.

**Smokey Broiled Fish Fillets**

4 fish fillets: catfish, snapper, orange roughy, flounder, cod, sole, pollock  
 3 tbsp. soy sauce  
 1 tbsp. fresh lemon juice  
 1/4 tsp. garlic powder  
 2 tsp. liquid wood-smoke flavoring

In a small bowl, combine the soy sauce, lemon juice, garlic powder and liquid wood-smoke flavoring. Preheat broiler pan for 5 minutes. Coat pan with shortening spray. Place fish on broiler pan and brush with mixture. Broil 3 inches from heat for 4-6 minutes, basting occasionally until fish flakes easily. (When substituting whole catfish for fillets, follow the above instructions, broiling catfish 3 inches from heat for 3 minutes. Turn catfish over, brush with sauce, and continue basting occasionally for 3 minutes or until catfish flakes easily.) **Makes 4 servings.**

For more recipe ideas visit: [www.EasyFreshCooking.com](http://www.EasyFreshCooking.com)

**Barbeque Fresh Fish Fillets**

2 1/2 lbs fresh fish fillets  
 1/2 cup tomato sauce  
 1/2 Medium onion, grated  
 1/2 clove garlic, finely minced  
 1/4 tsp Tabasco Sauce  
 1/4 Cup water  
 3 Tbsp Lemon juice  
 1 tsp honey  
 1/2 tsp finely minced, fresh thyme or 1/4 tsp dried

Combine all ingredients, except for fillets, in a saucepan, simmer slowly, stirring frequently for 8 minutes. Cool and use as a marinade. Use a glass dish. Spread some of the marinade on the bottom, lay fillets in layers, then spoon more marinade on top. Refrigerate the dish for 30 minutes, turning fish once. Oil a heat-proof baking dish. Lift out fillets making sure they have sauce clinging to them. Broil for 4-5 minutes on each side, adding more of the marinade and basting with it so fish is moist and coated. **Makes 6 servings.**

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**Nutrition Facts:**  
 Serving Size 4oz. Raw, without added fat, salt or sauces.  
 \*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Total Carb. 0 g • Dietary Fiber 0 g • Sugars 0g • Vitamin A 0% • Vitamin C 0% • Calcium 0%

	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Potassium	Protein	Vitamin A	Vitamin C	Calcium	Iron					
			(g)	(g)	(mg)	(mg)	(mg)	(g)	(%)	(%)	(%)	(%)					
Atlantic Salmon	208	111	12g	1%	3g	0%	67mg	22%	67mg	3%	411mg	12%	23g	2%	0%	2%	2%
Shark Steaks	147	46	5g	8%	1g	5%	58mg	19%	90mg	4%	238mg	7%	26g	1%	0%	4%	5%
Tuna Steaks	122	10	1g	2%	0g	1%	51mg	17%	42mg	2%	503mg	14%	27g	2%	2%	2%	5%
Swordfish Steaks	137	41	5g	7%	1g	6%	44mg	15%	102mg	4%	298mg	9%	23g	2%	2%	1%	5%
Main Menu Fillet	96	7	1g	1%	0g	1%	73mg	24%	100mg	4%	472mg	13%	21g	2%	0%	2%	7%

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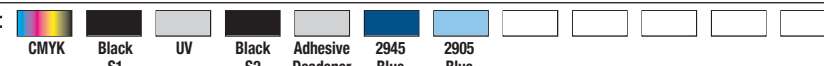
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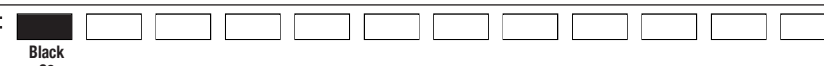
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