

Spanish Snapper Valencia

Serves 2

This simple almond and garlic sauce is adapted from a traditional Spanish recipe.

Ingredients:

- 2 large cloves of garlic
- 3 Tablespoons minced parsley
- ¼ teaspoon minced oregano
- 2 mint leaves sliced
- ¾ cup organic vegetable broth or fish stock
- 3 Tablespoons ground blanched almonds or almond flour
- 1 Tablespoon flour
- 1 teaspoon olive oil
- 1/4 teaspoon paprika
- 1/2 pound red snapper fillet cut into two 4 ounce fillets

Directions:

1. Preheat oven to 350 degrees F. Place the fish fillets in a baking dish coated with non-stick spray.
2. In a blender or food processor, combine the garlic, parsley, oregano, mint and 1 Tablespoon ground almonds. Slowly add vegetable broth to the mixture while pulsing the machine until combined.
3. In a skillet, over low heat, place the flour and remaining 2 Tablespoons ground almonds. Stir in the oil and toast over low heat until the mixture turns golden.
4. Add the garlic mixture and paprika to the skillet. Whisk constantly until the sauce is thickened and smooth.
5. Pour the sauce over the fish fillets and bake in the oven for 10-15 minutes.

One serving has approximately 200 calories, 9 grams of fat, 3 grams of carbohydrates, 27 grams of protein.

Recipe courtesy of Christina Dimacali of Clean Your Plate Personal Chef Service, Philadelphia