

Veggie Mahi Mahi

Ingredients:

- ¼ cup okra
- ½ cup canned low sodium chickpeas
- 6 oz. cherry tomatoes
- 2 tablespoon olive oil plus extra
- 1 lb. mahi mahi
- fresh greens for garnish
- salt and pepper to taste
- dash of garlic powder
- cooking spray
- Arugula



Directions:

1. Preheat the oven to 425F.
2. In a large bowl combine okra, chickpeas, cherry tomatoes, olive oil, salt and pepper.
3. Spray baking sheet with cooking spray and place vegetables on a baking sheet
4. Place mahi mahi on top, sprinkle some olive oil and season with salt, pepper and garlic powder to taste.
5. Bake for 15-20 minutes or until fish is done.
6. Garnish with Arugula

Nutrition Information:

Serving size*: 3-4 oz fish fillet

Servings per recipe: 4

Calories per serving: 190

Total fat per serving: 8g

Total protein per serving: 28g

Total carbohydrates per serving: 8g

Nutritional Benefits:

Mahi Mahi is good source of protein, B vitamins and Iron.

*Serving size that is suggested for post-operative bariatric patients

Recipe adapted from: Keil. L. (n.d.). Roasted Mahi Mahi. *Munchkin Time*. Retrieved from:

<http://www.yummly.com/recipe/external/Roasted-Mahi-Mahi-1526253>

Photo Provided by : Keil. L. (n.d.). Roasted Mahi Mahi. *Munchkin Time*. Retrieved from:

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