

- » Nonstick vegetable cooking spray
- » 1 1/2 lb red snapper fillets
- » 1 tbsp lemon juice
- » 1 tbsp water
- » 1/2 tsp cumin, divided
- » 1/2 tsp curry powder, divided
- » 1/4 tsp paprika
- » 1/4 tsp ginger
- » 1/4 tsp pepper
- » 1 tsp salt, divided
- » 1 tbsp olive oil
- » 5 green onions, chopped
- » 3 cloves garlic, minced
- » 2 cups small broccoli florets
- » 2 cups small cauliflower florets
- » 1/3 cup water
- » 2 tsp grated lemon zest (grated rind)
- » 1 1/4 cups long-grain brown rice, cooked according to directions without salt or fat
- » 4 tbsp (1 oz) slivered almonds
- » 8 lemon wedges (1 lemon)

Nutritional Content

Per Serving

Calories	498 cal	Cholesterol	63mg
Protein	44g	Sodium	719mg
Carbohydrate	48g	Calories from Fat	21%
Fat	11g	Fiber	7g
Saturated Fat	2g		

Preheat oven to 450F. Arrange fish in a shallow baking pan sprayed with nonstick vegetable cooking spray. Combine lemon juice and water in a small bowl and then spoon over the fillets. Combine 1/4 tsp cumin, 1/4 tsp curry, 1/4 tsp paprika, 1/4 tsp ginger, 1/4 tsp pepper, and 1/2 tsp salt in a small bowl. Sprinkle evenly over fillets. Bake uncovered until fish flakes easily with a fork (allow 6 minutes for each 1/2" thickness). In a large skillet, over medium-high heat, add olive oil, green onions, and garlic. Sauté 1 minute and add 1/4 tsp cumin and 1/4 tsp curry powder. Add 1/3 cup water and broccoli and cauliflower florets. Bring to a boil; cover and reduce heat. Cook for 4 to 5 minutes until vegetables are tender (add more water if needed to cook vegetables). Stir in lemon zest, cooked brown rice, 1/2 tsp salt, and slivered almonds. Mix well. Serve baked red snapper and rice mixture with lemon wedges. Serves 4.