

- » Nonstick vegetable cooking spray
- » 6 oz red snapper fillet
- » 1 tsp lemon juice
- » 1 tsp water
- » Pinch of cumin
- » Pinch of curry powder
- » Pinch of paprika
- » Pinch of ginger
- » Pinch of pepper
- » Pinch of salt
- » 1 tsp olive oil
- » 1 green onion, chopped
- » 1 clove garlic, minced
- » 1/2 cup small broccoli florets
- » 1/2 cup small cauliflower florets
- » 1 tbsp water
- » 1/2 tsp grated lemon zest (grated rind)
- » 1/3 cup long-grain brown rice, cooked according to directions without salt or fat
- » 1 tbsp slivered almonds
- » 2 lemon wedges

## Nutritional Content

Per Serving

Calories	519 cal	Cholesterol	62mg
Protein	44g	Sodium	427mg
Carbohydrate	51g	Calories from Fat	22%
Fat	13g	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 fish. Combine cumin, curry, paprika, ginger, pepper, and salt in a small bowl. Sprinkle evenly over fish. Bake uncovered until fish flakes easily with a fork (allow 6 minutes for each 1/2" thickness). In a skillet, over medium-high heat, add olive oil, green onion, and garlic. Sauté 1 minute and add a pinch of cumin and a pinch of curry powder. Add 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, a pinch of salt, and slivered almonds. Mix well. Serve baked red snapper and rice mixture with lemon wedges. Serves 1.

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