

Garlic Butter Shrimp and Zoodles (Zucchini Noodles)

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A light meal that takes little time and effort, but delivers big on flavor. Tender shrimp sauteed in garlic butter and served over sauteed zucchini noodles – perfect for a fast, delicious lunch.

Ingredients

1 lb. uncooked shrimp (peeled and deveined)
4 large zucchini (spiraled)
 $\frac{1}{2}$ cup sun dried tomatoes (not the kind in oil)
1 teaspoon olive oil
1 tablespoon light butter
5 cloves of garlic (minced)
Juice from $\frac{1}{2}$ a lemon
 $\frac{1}{4}$ cup fresh parsley (finely chopped)
Salt and pepper to taste
Fresh grated Parmesan cheese (optional)

Method

1. Heat butter in a large, non-stick skillet over medium high heat. Add in the shrimp, half of the garlic, salt, and pepper. Cook until shrimp is pink, about 4-5 minutes. Transfer shrimp to a bowl.
2. Add oil and remaining garlic to skillet. Cook for about 1 minutes, then add in the zucchini noodles, and cook for about 2 minutes, while stirring regularly.
3. Return the shrimp to the pan, and add in the sun-dried tomatoes, and season with additional salt and pepper if desired.
4. Squeeze lemon juice over the dish, and spoon onto serving plates. Garnish with fresh parsley.

Notes

Melissa's note – I used plain sun-dried tomatoes in a zip-pack. Added to pan along with zucchini noodles in second step so they could soften up during cooking.

1 WW Freestyle SmartPoint

Source: LaaLoosh (Servings: 4 | Yield: Serving size is about 1 1/2 cup)

Lemony Shrimp with Orzo, Feta, and Olives



Lemony Shrimp

with Orzo, Feta, and Olives

Cooking the orzo pilaf-style gives it extra flavor and allows you to control the slightly creamy consistency.

Ingredients

1 tablespoon grated lemon zest plus 1 tablespoon juice

Salt and pepper

1 ½ pounds extra-large shrimp (21 to 25 per pound), peeled and deveined

2 tablespoons extra-virgin olive oil, plus extra for drizzling

1 onion, chopped fine

2 garlic cloves, minced

2 cups orzo

4 cups chicken broth

1 cup pitted Kalamata olives, chopped coarse

4 ounces feta cheese, crumbled (1 cup)

Method

1. Garnish with chopped fresh parsley.
2. Mix lemon zest, 1/2 teaspoon salt, and 1/2 teaspoon pepper together. Pat shrimp dry with paper towels and toss with lemon-salt mixture to coat; set aside.
3. Heat 1 tablespoon oil in 12-inch nonstick skillet over medium-high heat until just smoking. Add onion and cook until softened, about 4 minutes. Stir in garlic and cook until fragrant, about 30 seconds. Add 1 tablespoon oil to pan. Stir in orzo and cook, stirring frequently, until orzo is coated with oil and lightly browned, about 4 minutes. Add broth, bring to boil, and cook, uncovered, until orzo is al dente, about 6 minutes. Stir in olives, 1/2 cup feta, and lemon juice. Season with salt and pepper to taste.
4. Reduce heat to medium-low, nestle shrimp into orzo, cover, and cook until shrimp are pink and cooked through, about 5 minutes. Sprinkle remaining 1/2 cup feta over top and drizzle with extra oil. Serve.

Notes

WHY THIS RECIPE WORKS

Cooking the orzo pilaf-style gives it extra flavor and allows you to control the slightly creamy consistency.

Source: Cook's Country (4 servings)

Sesame Soy Grilled Tuna



Sesame Soy

Grilled Tuna

Sesame Soy Grilled Tuna that tastes just like your favorite restaurant but is made at home. Don't be intimidated to cook this easy grilled or pan seared tuna at home for a healthy and delicious dinner.

Ingredients

$\frac{1}{3}$ cup low sodium soy sauce

3 tablespoons rice vinegar
2 green onions, chopped
1 garlic clove, minced
2 teaspoons sesame oil
1 teaspoon ginger, minced
 $\frac{1}{2}$ teaspoon black pepper
24 ounces ahi tuna steaks (about 6 oz each piece)
1 tablespoon sesame seeds

Method

1. Combine the soy sauce, rice vinegar, green onions, garlic, sesame oil, ginger, and pepper.
2. Marinate the tuna in this mixture in the refrigerator for at least 30 minutes, two hours or more is ideal. If you can, remove the tuna from the fridge twenty minutes before cooking so it can come to room temperature.
3. When ready to cook, remove the tuna from the marinade, brushing off any green onions.
4. Brush the grill with cooking spray. Cook the tuna for about 3 minutes on each side for medium rare. For medium well, cook about 5 minutes on each side.
5. Sprinkle with sesame seeds and serve.

Source: Slender Kitchen (4 servings)

Sauteed Cod with Tomatoes and Olives



Sautéed Cod with

Tomatoes and Olives

Any kind of flaky or firm white fish will work in this recipe, including halibut, striped bass, tilapia, or swordfish. Because cod is on the flaky side you have to be gentle handling it.

Ingredients

24 ounces uncooked Atlantic cod
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon black pepper, freshly ground
2 tablespoons olive oil, divided
1 large uncooked shallot(s), sliced lengthwise, (1 cup)
10 oz, mini San Marzano variety, or grape tomatoes, halved
16 olive(s) medium, Kalamata variety, pitted and torn in half
1 pinch red pepper flakes
 $\frac{1}{2}$ cup fresh parsley, Italian variety, divided
 $\frac{1}{2}$ cup basil, torn if large, divided
 $\frac{1}{4}$ cup water

Method

1. Season fish with salt and pepper and coat with 1 tsp oil;

set aside on a plate.

2. Heat a large (12-inch) nonstick skillet over medium-high heat. Add 1 Tbsp oil to skillet; carefully arrange fish in skillet, placing each piece down facing away from you (to prevent oil from splattering in your direction). Let fish cook without moving it, for 2-3 minutes (you can peek to check color). Turn fish; cook for 2-3 minutes on other side. Transfer fish to a plate (the fish won't be all the way cooked through at this point).

3. Add remaining 2 tsp oil and shallots to same pan; Cook, stirring frequently, until it starts to turn golden, 5-6 minutes. Add tomatoes, olives, red pepper flakes, half the herbs, water, and a pinch salt and pepper if desired; cook 1-2 minutes. Reduce heat to medium; return fish to pan, gently nestling the pieces among tomato mixture so they touch pan bottom. Cover; cook until fish is just opaque in center and tomatoes are heated through, 2-3 minutes. Sprinkle with remaining herbs; serve immediately with optional lemon wedges.

4. Serving size: 1 piece fish and 1/2 c sauce

Prep

- Prep: 30 Minutes
- Cook: 20 Minutes

Source: Weight Watchers (Servings: 4 | Yield: Serving size: 1 piece fish and 1/2 c sauce)

Colossal Shrimp with Watercress & Tomato Salad



Colossal Shrimp

with Watercress & Tomato Salad

This main-course salad, lightly dressed with a lemon-spiked vinaigrette, shows off your garden tomatoes in a most delicious way. The large size of the shrimp helps keep them tender and succulent despite the heat of the broiler or grill.

Ingredients

1 clove garlic
1 teaspoon kosher salt
1 small red onion, finely diced (about 3/4 cup)
6 tablespoons extra-virgin olive oil
6 tablespoons coarsely chopped fresh flat-leaf parsley
3 tablespoons fresh lemon juice
3 teaspoons finely grated lemon zest (from 1 lemon)
3/8 teaspoons freshly ground black pepper
8 colossal shrimp (6 to 8 count; about 1 lb.), peeled and deveined
2 pints red or yellow grape or cherry tomatoes, or a combination, halved

8 cups watercress sprigs, washed and dried (from about 8 oz. untrimmed watercress)

Method

1. Peel and chop the garlic clove. Sprinkle with $1\frac{1}{4}$ tsp. of the salt and, using the side of a chef's knife, mash and scrape the garlic into a paste. Transfer to a medium bowl and whisk in half the onion, 2 Tbs. of the olive oil, 2 Tbs. of the parsley, 1 Tbs. of the lemon juice, 1 tsp. of the zest, and a generous $1\frac{1}{8}$ tsp. pepper. Add the shrimp and marinate, stirring occasionally, for 20 minutes.

2. Meanwhile, in another bowl, stir together the tomatoes, $3\frac{3}{4}$ tsp. salt, the remaining onion, and the remaining $1\frac{1}{4}$ cup olive oil, $1\frac{1}{4}$ cup parsley, 2 Tbs. lemon juice, 2 tsp. zest, and $1\frac{1}{4}$ tsp. pepper. Stir from time to time.

3. Position an oven rack 3 to 4 inches from the broiler element and heat the broiler to high. Line the bottom of a broiler pan with foil and replace the perforated top part of the pan. Arrange the shrimp on the broiler pan. Broil until the shrimp are beginning to turn bright pink and are firm to the touch on top, about 3 minutes. Turn the shrimp over, rotate the broiler pan from back to front, and broil until the shrimp are just opaque throughout (cut into a piece to check), 1 to 2 minutes longer.

4. To serve, arrange the watercress on 4 plates, top with the tomatoes and their sauce, and arrange 2 shrimp on top.

Notes

Serve the salad with some grilled garlic bread to round out the meal.

You can grill the shrimp instead of broiling them.

Source: Fine Cooking (4 servings)

Sweet Chili Salmon with Cauliflower and Lime



Sweet Chili

Salmon with Cauliflower and Lime

We wanted hot, sweet, sour, and savory all in one simple dish.

Ingredients

2 teaspoons chili powder

Kosher salt and pepper

1 large head cauliflower (3 pounds), cored and cut into 2-inch florets

1 tablespoon extra-virgin olive oil

4 (6- to 8-ounce) skin-on salmon fillets, 1 to 1½ inches thick

2 tablespoons honey

2 tablespoons minced fresh cilantro

Lime wedges

Method

1. To ensure uniform cooking, we prefer to buy a 1½- to 2-pound center-cut salmon fillet and cut it into four equal pieces.

2. Adjust oven racks to upper-middle and lower-middle positions and heat oven to 450 degrees. Combine chili powder, 2 teaspoons salt, and 1 teaspoon pepper in small bowl.

3. Toss cauliflower with oil and 2 teaspoons spice mixture on rimmed baking sheet until well coated, then arrange in single layer. Line second rimmed baking sheet with foil. Place salmon, skin side down, on foil-lined sheet and brush tops of fillets with honey. Sprinkle remaining 3 teaspoons spice mixture evenly over salmon.

4. Roast cauliflower on lower rack until well browned and tender, about 25 minutes. After about 10 minutes, place salmon on upper rack and roast until center is still translucent when checked with tip of paring knife and registers 125 degrees (for medium-rare), about 12 minutes. Sprinkle cauliflower with cilantro. Serve cauliflower with salmon and lime wedges.

Notes

Why this recipe works – Coating salmon fillets with a combination of chili powder, salt, pepper, and honey before roasting creates a gorgeous, flavorful crust.

Source: Cook's Country (4 servings)

[Lemon-Poached Halibut with Roasted Fingerling Potatoes](#)



Lemon-Poached Halibut with Roasted Fingerling Potatoes

Cooking the fish in a foil packet keeps it moist and creates a flavorful broth seasoned with lemon, oregano, and tomatoes.

Ingredients

1 $\frac{1}{2}$ pounds fingerling potatoes, halved lengthwise
2 tablespoons extra-virgin olive oil
Salt and pepper
8 ounces grape tomatoes, halved
24 ounces skinless halibut fillets, 1 inch thick
 $\frac{1}{2}$ teaspoon dried oregano
8 thin lemon slices
2 tablespoons minced fresh parsley

Method

1. Use potatoes of a similar size to ensure consistent cooking.
2. Adjust oven rack to lower-middle position and heat oven to 450 degrees. Toss potatoes with 2 teaspoons oil, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Arrange potatoes on rimmed baking sheet, cut side down, in even layer. Roast until cut sides are starting to brown, about 10 minutes.
3. Meanwhile, lay four 12-inch-long pieces of foil on counter. Place one-quarter of tomatoes in center of each piece of foil, then place 1 fillet on each tomato pile. Sprinkle each fillet with 1/8 teaspoon oregano and season with salt and pepper, then top each with 2 lemon slices and 1 teaspoon oil. Pull edges of foil up around fish and tomatoes and crimp to form packet.
4. Place packets on top of potatoes and bake until fish is just cooked through, about 15 minutes. Divide potatoes among 4 bowls. Open 1 packet over each bowl, slide fish and tomatoes onto potatoes, then pour broth (accumulated juices) over top. Sprinkle with parsley and serve.

Notes

WHY THIS RECIPE WORKS

Cooking the fish in a foil packet keeps it moist and creates a flavorful broth seasoned with lemon, oregano, and tomatoes.

Source: Cook's Country (4 servings)

Potato-Crusted Halibut with Tartar Sauce

Potato-Crusted Halibut with Tartar Sauce

We love the crisp crust of batter-fried fish but weren't willing to put up with the mess of deep-frying for a weeknight super.

Why this recipe works:

We love the crisp crust of batter-fried fish but weren't willing to put up with the mess of deep-frying for a weeknight super. Instead, we coated the fish fillets with a seasoned mayonnaise, pressed on a potato-chip crust, and popped them in the oven until they were crisp and cooked through. The result? Easy cleanup and equally delicious fish.

Ingredients

1 cup mayonnaise
3 tablespoons finely chopped dill pickles, plus 1 teaspoon pickle juice
1 small shallot, minced
1 tablespoon capers, rinsed and chopped fine
Salt and pepper
1 tablespoon lemon juice
2 teaspoons Dijon mustard
 $\frac{1}{8}$ teaspoon cayenne pepper
4 (6-ounce) skinless halibut fillets, 1 inch thick
2 cups potato chips, crushed

Method

1. Adjust oven rack to middle position and heat oven to 450 degrees. Combine $\frac{3}{4}$ cup mayonnaise, pickles, pickle juice, shallot, capers, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper in bowl; set aside.
2. Combine remaining $\frac{1}{4}$ cup mayonnaise, lemon juice, mustard, and cayenne in second bowl. Pat fish dry with paper towels and season with pepper. Brush top and sides of fish with mayonnaise-lemon juice mixture and coat with potato chips, pressing to adhere.
3. Place fish on foil-lined rimmed baking sheet and bake until

fish flakes apart when gently prodded with paring knife and registers 140 degrees, 12 to 15 minutes. Serve with tartar sauce.

Source: Cook's Country (4 servings)

Smoked Mussels Risotto



Smoked Mussels Risotto

Ingredients

3 ounces whole onion or 2 ounces ready-cut onion (1/2 cup)

Olive oil spray

4 to 5 cups fish stock, or mixture of fish stock and no-salt-

added chicken stock
6 ounces smoked mussels
12 ounces whole yellow or red pepper or 11 ounces ready-cut pepper (2 to 2 1/2 cups)
1 cup Arborio rice
1/4 cup dry white wine
4 tablespoons no-salt-added tomato paste

Method

1. Heat nonstick pan while chopping whole onion.
2. Coat pan with olive oil spray and, with heat on medium high, saute onion until it begins to brown.
3. In another pot, heat stock to a simmer.
4. Rinse mussels in strainer under warm water; drain and cut in half.
5. Chop whole pepper, and add to onion when onion has begun to brown. Stir and cook about 2 minutes.
6. Add rice and wine to onion-pepper mixture, and cook over high heat about 1 minute longer, until wine has almost evaporated.
7. Add 1 cup of the stock to the rice mixture, cooking over medium-high heat and stirring occasionally. When liquid has been absorbed, add another cup of stock, along with the tomato paste, stirring well to blend in paste. Continue adding stock and cooking, with occasional stirring, until rice is soft but still firm. With the last cup of stock, add the mussels to the mixture. Do not cook away all the liquid: the mixture should be slightly runny.

Prep

- Total Time: 45 Minutes

Source: New York Times (4 servings)

Ginger-Glazed Halibut



Ginger-Glazed Halibut

Ingredients

2 tablespoons honey
2 tablespoons low sodium soy sauce
2 tablespoons balsamic vinegar
1 tablespoon ginger root, fresh, minced
1 clove(s), medium garlic clove(s), minced
 $\frac{1}{4}$ cup(s) cilantro, fresh, divided
 $\frac{3}{4}$ teaspoons table salt, divided
 $\frac{1}{2}$ teaspoon black pepper, , divided
1 pound(s) uncooked halibut fillet(s)
1 tablespoon peanut oil

Method

1. To make marinade, combine honey, soy sauce, vinegar, ginger, garlic, 2 tablespoons cilantro, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper in a baking dish or bowl; set aside.
2. Wash fish and pat it dry. Rub remaining $\frac{1}{4}$ teaspoon each salt and pepper into both sides of halibut. Add fish to marinade, cover dish or bowl and refrigerate, turning once or twice, 30 minutes to 1 hour.
3. When you're ready to eat, remove fish from marinade;

reserve marinade.

4. Set a heavy skillet over medium heat; add oil. When oil begins to shimmer, add fish; cook until the flesh is no longer translucent, flipping once, about 4 to 6 minutes per side, depending on thickness of fillets. Immediately remove fish to a serving plate and tent to keep warm.

5. Set same skillet over medium heat; add marinade and cook until marinade thickens, about 3 to 5 minutes. Pour marinade over fish and garnish with remaining cilantro. Serve immediately.

Notes

Perfect with rice and a steamed vegetable like sugar snap peas or broccoli.

Prep

- Prep: 10 Minutes
- Cook: 17 Minutes

Source: Weight Watchers (Servings: 4 | Yield: about 3 1/2 ounces fish per serving.)