

Lemon Garlic Mahi Mahi w/Sweet Potato Fries

- 1 Lemon
- 1 Tbls Chopped Garlic
- ½ Tsp Crushed Red Pepper Flakes
- 2 6-8 oz Mahi Fillets
- 1 Tsp Paprika
- 1 Tsp Cumin
- 1 Tsp Black Pepper
- ½ Tsp Salt
- 1 Tbls Olive Oil



Marinade:

Cut lemon in half and squeeze juice into a container large enough to hold both fillets. Add the garlic and red pepper flakes. Toss the fish with this marinade. Refrigerate for about an hour. Next take the paprika, cumin, pepper and salt; mix all together to make a rub blend. Pull the fish out and rub on both sides of the fillets.

In a large sauté pan, heat the oil. Add the mahi and cook until the underside is golden brown. Turn the fish over and cook another 5 minutes.

Sweet Potato Fries

- 1 Large Sweet Potato
- 1 Tbls Olive Oil
- 1 Tsp Paprika
- 1 Tsp Cayenne Pepper
- ½ Tsp Salt

Preheat the oven to 400°. Slice the potato in half lengthwise and then each half into six wedges. Toss the wedges with the oil and spices. Lie on a baking sheet and bake for 45 minutes or until golden brown.

This is a real nice healthy dish that you will enjoy.

Great Eats!

Mike Popella