

Grilled Mahi Mahi with Tomato Bearnaise Sauce

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4

CChints: Mahi Mahi is a popular white fish that is mild, sweet and holds together well on the grill. Some supermarkets have it fresh and some have it frozen. We cooked the fish in a cast iron griddle on the grill or you can put the fish directly on the grill. Instead of making a Bearnaise sauce from scratch that has high cholesterol with egg yolks, we are using a package dry mix.



4 servings of Mahi Mahi, fresh preferred, but if frozen, thawed in the refrigerator.

2 teaspoon olive oil + 2 teaspoons more for grilling or use a cooking spray

1/4 teaspoon salt

A pinch of sugar

1/4 teaspoon smoked paprika

1 teaspoon lemon zest, divided (half for the fish and half for the sauce)

1/2 teaspoon lemon zest

1 glove minced garlic, fresh or from a jar

Sauce:

1-1/2 Tablespoons unsalted butter

1 medium yellow, sweet, onion, sliced thin

2 medium tomatoes, chopped

1 glove minced garlic

1 cup skim or low fat milk

9 ounce envelope package Bearnaise sauce mix

2 tablespoons capers, rinsed and drained

4 servings of steamed vegetables like broccoli, asparagus or zucchini

Rinse and pat dry each Mahi portion and lay them on a plate. In a small bowl, blend the salt, sugar and paprika. Rub all sides with the olive oil and sprinkle the salt mixture on one side of each piece of fish. Sprinkle evenly with garlic, 1/2 teaspoon lemon and lemon zest. Let sit at room temperature while you heat the grill to medium heat.

The goal here is to have the fish and the sauce done at the same time. Start preparing the sauce. Heat the butter in a nonstick skillet on medium heat until it just starts to melt. Spread it evenly over the pan and add the onions. Stir occasionally for 3-4 minutes until the onions are soft and begin to brown. Add the tomatoes and garlic and cook for 1 minute.

Now start the fish by laying them on the griddle or grill pan seasoned side down first. Cook for 3 minutes on each side until done. When the fish is done it should flake.

Start preparing your side vegetable while you finish the sauce.

Pour the milk into a small bowl and whisk in the powdered sauce mix. Slowly pour this mixture into the skilled containing the onions and tomatoes. Stir slowly until this comes to low boil. Reduce the heat and stir in the capers and lemon zest. The sauce will thicken in 1-2 minutes.

To plate your meals, put a piece of fish on each place. Divide the sauce evenly over the 4 portions. Add your side vegetable and enjoy a lovely meal.