

Mahi Mahi with Steamed Red Onions

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 12 minutes

Serves: 4

CChints: Red onions can be strong when they are eaten in their raw form but sweeten nicely when they are cooked. Mahi Mahi is a mild almost sweet white fish that is slightly firm so it does well on the grill.

You want to cook the Mahi Mahi within a day of purchasing it from your market. To get the smell of garlic off of your hands, simply rub them on a piece of stainless steel like your sink or a pan. It sounds strange but it really does work.



Fish:

4 – 6 ounce filets of Mahi Mahi

4 teaspoons olive oil, divided

1 glove garlic, minced, fresh or from a jar

1 teaspoon Italian seasoning

Steamed Red Onion Sauce:

1 medium red onion, sliced thin

2 teaspoons olive oil

Dash of salt and pepper

2 gloves minced garlic, fresh or from a jar

1/2 teaspoon dried Italian seasoning

1/2 cup reduced fat chicken broth, divided

1 teaspoon capers, rinsed

Side vegetable of your choice

Heat your grill to medium heat. Mahi is a somewhat firm fish that can be grilled if you are careful to not allow it to break apart and fall through the grates on grill. To prevent this from happening, we suggest cooking your fish on a special pan made for delicate items like fish or vegetables or use our favorite, an old fashion cast iron griddle. Let the griddle warm up inside the grill so it gets just a hot. While you are waiting on the grill, start to prepare the fish.

Rinse and pat dry each Mahi portion and lay them on a plate. Rub both sides with 2 teaspoons of olive oil. Sprinkle one side of each piece with 1/2 teaspoon salt and 1 of the minced garlic gloves. Crush the Italian seasoning between your fingers and sprinkle over the fish. The crushing action of the herbs will start to release the flavors. Let the fish sit a room until the grill is ready. When the grill is hot and you are using the griddle add 2 teaspoons of oil to the grill. Put the fish in the pan, herb side down. Cook each side for 3 minutes or until the fish starts to flake. Be careful not to move the fish in the first 3 minutes. This will allow the fish to sear and you will get a nice browning affect.

Heat a nonstick skillet over medium heat and add the oil. When the pan is hot, add the onions and sprinkle lightly with salt and pepper. Cover the pan and allow them to cook for 2 minutes, stir once. Reduce the heat and cook for 2 more minutes, stirring occasionally. Add the garlic, seasoning and chicken broth. The broth will start to reduce and the flavors will begin to concentrate. After 2 minutes, add the capers and remove the pan from the heat.

Put one piece of fish on each plate and top with the onions and sauce. Serve with your side vegetable and enjoy.