

## Mahi-Mahi

From Clean Eating Magazine October 2011

Serves 4

2 ½ cups low sodium chicken or vegetable broth, divided  
1 cup whole-wheat couscous  
2 tsp olive oil  
4 4-oz. skinless mahi-mahi fillets  
¼ tsp salt  
¼ tsp pepper  
2 cups chopped fresh pineapple  
1 red bell pepper, diced  
2 tbsp chopped fresh chives

In a small saucepan bring 1 1/3 cups of broth to a boil  
Stir in couscous, remove from heat, cover and let sit for 5 minutes until liquid is absorbed  
In a large skillet, heat oil over medium-high heat  
Season both sides of the fillets with salt and pepper  
Add mahi-mahi to skillet and cook 1 minute per side until golden color  
Remove from pan and set aside  
Add pineapple and bell pepper to the skillet and cook over medium-high heat for 2 minutes or until soft, stirring occasionally  
Stir in cooked couscous, remaining 1 cup broth and chives and mix well  
Arrange mahi-mahi on top of couscous mixture, cover and cook for 2 minutes until mahi-mahi is tender

Per serving:  
300 calories  
38 g carbohydrates  
4.5 g fat  
1 g sat fat  
6 g fiber  
29 g protein  
85 mg cholesterol  
260 mg sodium

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