

WINTER FLAVOR



Spicy Citrus Fish over Rice

Citrus fruits like oranges, grapefruits, lemons, limes, satsumas, tangerines and clementines are Eat Right fruits that can be used as more than just a healthy snack or garnish. For only 20-70 calories per serving (depending on size), citrus fruits pack a powerful nutritional punch with fiber, vitamin C and a host of disease-fighting phytonutrients. Aside from being a great on-the-go snack, these fruits can pack a ton of flavor into any dish.

SERVES: 4

INGREDIENTS:

1 cup	Brown rice
2 cups	Water
1	Lime, zested and juiced
1	Orange, zested and juiced
2 cloves	Garlic, minced
1 tbsp	Hot sauce or hot chili sauce (Sriracha)
2 tbsp	Low-sodium soy sauce
Four 5 oz	Fish filets (catfish, trout, cod, sole, haddock, tilapia)
To taste	Salt, freshly ground black pepper
1 tsp	Crushed red pepper flakes
1 tsp	Olive oil or toasted sesame oil
4 cups	Broccoli, bok choy or other vegetables of choice

DIRECTIONS:

1. In a medium sauce pot, combine rice, water, lime zest and juice. Bring to a boil, reduce heat, cover and simmer on low heat until done (about 50 minutes or according to package directions).
2. In a small bowl, whisk together orange juice and zest, garlic, hot sauce and soy sauce.
3. Season fish with salt, pepper and red pepper flakes. In a large skillet, heat oil over medium-high heat, add fish and cook until lightly browned (4-6 minutes), flip and cook additional 4-6 minutes or until fish is cooked through.
4. Meanwhile, steam broccoli, bok choy or other vegetable choice.
5. Serve $\frac{1}{2}$ cup rice, 1 fish filet and 1 cup steamed vegetables with sauce drizzled on top.

ALTERNATIVES:

- Use lemon and lime wedges for flavor in water or club soda.
- Add fresh zest and juice to spicy soups, stews and chili or healthy bread and muffin recipes.
- Make a fruit salad with citrus, lime juice and other winter fruits like pomegranates, kiwis, kumquats, persimmons and pears) for a nutritious dessert.
- Citrus segments pair well with mixed greens and sliced fennel or boiled and sliced beets.

