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## Food & Dining

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MICHELLE DUDASH DISH WITH DUDASH

### Bring back flavors of Caribbean with grilled mahi-mahi



I recently vacationed in the Caribbean islands of Bahamas, Tortola and St. Thomas and immersed myself in the cuisine. The menus highlight fresh seafood, including pan-fried red snapper smothered in Creole sauce, griddled lobster salad sandwich (which, for me, now beats the lobster roll) and conch fritters.

But my favorite was the grilled mahi-mahi. Since it was prepared with readily available ingredients, I re-created the dish at home.

When you cook good-quality fresh fish, you don't need to mess with it much. Just a bit of salt enhances the natural flavors, cooking oil helps retain moisture in low-fat fish, and your favorite seasoning can add a new dimension. In this dish, chopped tomatoes and mild sweet onions adorn the fish, with the goal being to cook them lightly while retaining plumpness, rather than cooking into submission.

The result is a flavorful and juicy topping that can also dress pork and pasta deliciously.

Mahi-mahi is a wild, low-fat fish with a sweet mild taste and slightly firm texture. Environmentally, the Monterey Bay Aquarium Seafood Watch considers troll or pole-caught mahi-mahi from the United States the best choice, while mahi-mahi from Costa Rica, Guatemala and Peru sits on the "avoid" list.

*Michelle Dudash of Scottsdale is a registered dietitian, chef and columnist for The Arizona Republic and publisher of a healthy eating newsletter, michelledudash.com.*



MICHELLE DUDASH

Don't overwork fresh fish; usually just a sprinkle of salt is all you need.

#### Grilled Mahi-Mahi With Sauteed Sweet Onions, Tomatoes and Chile

**Servings:** 4 (1 mahi-mahi fillet with ½ cup vegetable topping per serving).

**Prep time:** 20 minutes.

**Cook time:** 20 minutes.

**4 mahi-mahi fillets, about 5 ounces each**

**3 teaspoons rice bran oil or expeller-pressed canola oil (1 teaspoon for the fish and 2 teaspoons for the vegetables)**

**1 lemon, zest finely grated, pulp cut into wedges**

**2 teaspoons island fish seasoning, or substitute with jerk or Cajun seasoning (1 teaspoon for the fish and 1 teaspoon for the vegetables)**

**2 small or 1 large mild green chile pepper, like Italian or Anaheim**

**2 garlic cloves, minced**

**2 cups sliced sweet onion, or use 1 cup yellow onion and cook a bit longer**

**2-3 medium beefsteak tomatoes, chopped into**

**bite-sized pieces (about 2 cups)**

**Salt and pepper, to taste**

To cook the fish: Preheat grill on medium heat, about 350-400 degrees. Rub the mahi-mahi with 1 teaspoon oil and lemon zest, and sprinkle with the seasoning. Lightly oil the grill and place the mahi-mahi on it, rounded sides down.

Cook the mahi-mahi until opaque halfway through, about 5 minutes, then turn to the other sides. Cook until opaque all the way through, about 2-3 minutes.

To cook the vegetables: Heat a large saute pan on medium heat and add the peppers and garlic. Cook gently until tender, about 5 minutes, reducing heat as needed to prevent browning. Add the onions and tomatoes and cook until just slightly wilted, about 5 minutes. Sprinkle in 1 teaspoon seasoning. Spoon the vegetables over the fish and serve with lemon wedges. Season with salt and pepper.

*Per serving: 195 calories, 5 g total fat (0.5 g saturated fat), 395 mg sodium, 103 mg cholesterol, 11 g total carbohydrate (2 g fiber), 28 g protein.*