pesto grouper with penne pasta pomodoro

TOTAL TIME

35 minutes

MAKES 4

SERVINGS



APRON'S ADVICE

The fish recipe fits with many low-carb food plans. An herb-chopper or food processor will simplify the chopping process.

SHOPPING LIST

Dairy

2 tbsp butter

Dry Grocery

1 tsp Dijon mustard

1 tbsp Montreal steak seasoning

2 tbsp basil pesto

1 tbsp capers

1 (26.5-oz) box chopped tomatoes

1 tbsp extra-virgin olive oil

1/4 cup mayonnaise

8 oz penne rigate pasta

Produce

1 (1-oz) package fresh basil

4 cloves fresh garlic

5-6 sprigs fresh parsley

Seafood

4 grouper fillets (1 1/2 lb)

Suggested Items

Chicago hard rolls chocolate chip cookies Parmesan cheese for pasta fresh salad blend



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COOKING SEQUENCE

- Preheat grill; put water on to boil for pasta
- Rinse and chop herbs for both recipes 10 minutes
- Prepare pasta through step 4 15 minutes
- Prepare grouper; complete pasta and serve 10 minutes

pesto grouper

INGREDIENTS

fresh basil leaves (about 3/4 cup)

1/4 cup mayonnaise

1 teaspoon Dijon mustard

2 tablespoons basil pesto

1 1/2 pounds grouper fillets

1 tablespoon Montreal steak seasoning

STEPS

- 1. Preheat 2-sided tabletop grill. Chop (rinsed) basil leaves finely; then measure (1/2 cup) and place in medium bowl. Stir in mayonnaise, mustard, and pesto until well blended.
- 2. Remove any bones from fillets. Sprinkle both sides of fish with steak seasoning.
- 3. Coat fish with basil mixture and place on grill, topping with any remaining mixture. Wash hands. Cover and grill 5-7 minutes or until internal temperature reaches 145°F. Use meat thermometer to accurately ensure doneness. (If using regular grill, double cooking time, turning once.) Serve.

CALORIES (per 1/4 recipe) 299kcal; FAT 16g; CHOL 73mg; SODIUM 742mg; CARB 2g; FIBER <1g; PROTEIN 34g; VIT A 5%; VIT C 0%; CALC 5%; IRON 9%

penne pasta pomodoro

INGREDIENTS

10–15 fresh basil leaves

5–6 sprigs fresh parsley

1 tablespoon extra-virgin olive oil

4 cloves fresh garlic

1 tablespoon capers

1 (26.5-ounce) box chopped tomatoes

(well-drained)

1/2 teaspoon salt

1/4 teaspoon pepper

8 ounces penne rigate pasta

2 tablespoons butter

STEPS

- 1. Fill large saucepan 1/2 full of water. Cover and bring to a boil on high for pasta. Chop (rinsed) basil (2 tablespoons) and parsley (1 tablespoon); measure and set aside.
- 2. Preheat large sauté pan on medium 2-3 minutes. Place oil in pan; swirl to coat. Crush cloves into pan, using garlic press. Use knife to remove garlic from bottom of press.
- 3. Add capers, tomatoes, salt, and pepper. Reduce to low and cook 8-10 minutes, stirring often, until flavors are well blended.
- 4. Stir pasta into boiling water. Boil 8-10 minutes, stirring occasionally, or until tender.
- 5. Stir herbs and butter into tomatoes. Cook 2 minutes, stirring occasionally, until blended. Drain pasta thoroughly and add to tomato mixture. Serve.

CALORIES (per 1/4 recipe) 328kcal; FAT 10g; CHOL 15mg; SODIUM 347mg; CARB 50g; FIBER 7g; PROTEIN 9g; VIT A 27%; VIT C 40%; CALC 1%; IRON 14%