



## Lemon-Poached Mahi Mahi and Swiss Chard

**Active Time:** 5 minutes | **Total Time:** 15 minutes | **Serves:** 1

### Nutrition Information Per Serving

297 calories, 9.73 g carbohydrate, 4.22 g fiber, 5.51 g NET carbs, 33.34 g protein, 15.63 g fat

#### Ingredients

- 1/2 tsp(s) Real Salt
- 1/2 whole(s) lemon, sliced
- 1 Tbsp extra virgin olive oil
- 6 ounce(s) wild caught mahi mahi
- 2 cup(s) organic Swiss chard, chopped
- 1 whole bay leaf
- 2 Tbsp(s) organic fresh parsley, chopped

#### Preparation

1. Lay the greens in a shallow skillet.
2. Add the lemon slices, parsley, and bay leaf.
3. Add the fish on top and season with salt.
4. Fill the pan with enough water; just to cover the fish and bring to a simmer.
5. Simmer for 8-10 minutes, until fish is cooked through and greens are tender.
6. Remove the fish with a spatula, and the greens with a slotted spoon. Discard bay leaf. Drizzle with olive oil and serve.

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