



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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