

Orange-Ginger Grouper

Recipe courtesy of Laurel Blackerby, MS, Delcambre Market Nutrition Educator

INGREDIENTS

- 1 1/2 lb Louisiana grouper, cut into 6 filets
- 2 oranges, peeled and sliced
- 1 (2-inch) piece ginger, peeled and minced, (~2 Tbsp)
- ¼ tsp salt
- ¼ tsp pepper
- ½ c carrot shredded
- ¼ c diced green onion
- 6 Tbsp coconut aminos (may substitute soy sauce)
- ¼ cup rice wine vinegar
- 2 Tbsp dark sesame oil
- 2 Tbsp fresh herbs for garnish, optional

DIRECTIONS

1. Preheat oven to 450°F. Tear off 6 (15-inch) squares of parchment paper.
2. Distribute oranges and ginger among centers of parchment paper; top each with fish. Sprinkle fish with salt and pepper, and top fish with equal portions of carrots and green onion.
3. Combine coconut aminos, vinegar, and oil; drizzle over fish. Bring parchment sides over fish; tightly double-fold tops and sides to make packets. Tuck ends under to seal. Place on a large rimmed baking sheet.
4. Bake 12 to 14 minutes or until parchment is puffed and fish flakes with a fork, unfolding one packet to test for doneness.
5. Garnish with fresh herbs and serve.



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HEALTHY SWAPS

- **Lower Fat:** Omit sesame oil. 140 Calories.. 1g Fat (0g Saturated fat, 40mg Cholesterol.) 100mg Sodium. 8g Carbohydrates (1g Fiber, 6g Total sugar.) 23g Protein.
- **Lower Carbohydrate:** Substitute lemon for orange slices. 160 Calories. 6g Fat (1g Saturated fat, 40mg Cholesterol.) 100mg Sodium. 4g Carbohydrates (1g Fiber, 1g Total sugar.) 23g Protein.
- **Lower Sodium:** Recipe is considered low-sodium as is. Use salt substitute to reduce sodium to 85mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Recipe is gluten-free as is. Note: if substituting soy sauce for coconut aminos, use a gluten-free soy sauce.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
	6 servings per container Serving size 1 Parchment Bag (186g) Calories per serving 180	Total Fat 6g		8%		Total Carbohydrate 8g		3%
Saturated Fat 1g			5%		Dietary Fiber 1g		4%	
<i>Trans</i> Fat 0g					Total Sugars 6g			
Cholesterol 40mg			13%		Includes 0g Added Sugars		0%	
Sodium 100mg			4%		Protein 23g		46%	
Vitamin D 0mcg		0%		• Calcium 60mg	4%	• Iron 1.1mg	6%	
Potassium 660mg		15%						

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.