



**From the Kitchen of: Bernice Borow LLC**  
**Grilled Snapper w/Eggplant, Squash & Potatoes**

- Serves 4
- 2 cups water
- ½ tsp salt
- 1 cup peeled diced boiling potatoes(2)
- 2 tsp olive oil
- 2 tsp minced garlic
- 1 cup eggplant, diced(1/2 small)
- 1 cup zucchini, diced(1 small )
- 1 cup yellow squash, diced(1 small)
- 3 cups fresh diced plum tomatoes(4)
- 3 Tbsp fresh or 1 Tbsp dried oregano minced
- Nonstick cooking spray
- 2 lemons halved
- 1 lb snapper or tilapia
- Salt and pepper to taste

Preheat the grill to medium. Heat a straight sided skillet, add 2 cups water and ½ tsp salt. Bring to boil. Add potatoes and blanch for 3 minutes. Drain and save liquid. Set potatoes aside. To same pan add olive oil, covering the bottom of pan. Sauté garlic 1 minute, add eggplant, zucchini and squash and sauté 5 minutes until veggies are heated and falling apart. Add reserved liquid if necessary. While veggies are cooking grill lemons and fish . Spray grill w/ spray. Place lemon halves cut side down on hottest part of grill and cook until charred. Sprinkle salt and pepper on fish and grill skin side down w/ covered grill (6 minutes or until flaking). Serve fish over veggies and squeeze lemon over all.

Calories: 215 protein 27 g, carbohydrates 2 gm, dietary fiber 7g, total fat 5 g, sat fat 1 g, cholesterol 42 mg, calcium 135 mg, sodium 93 mg

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### Lemon and Herb Grilled Trout

Serves 4

4 whole trout, cleaned w/head and tail left on

¼ cup olive oil

4 tsp finely chopped fresh thyme or oregano

4 tsp chopped fresh parsley

½ tsp kosher salt

8 thin slices lemon

Rinse fish in and out and pat dry. Generously brush each w/ olive oil; sprinkle 1 tsp thyme, parsley and salt inside; place 2 slices lemon inside. Use toothpicks to seal if necessary. Grill or broil turning once for 14 minutes or until flaking.

Calories 344, protein 43 g, carbohydrate 0g, fiber 0 gram, total fat 18 g, sat fat 4g, cholesterol 120 mg, calcium 144 mg, sodium 313 mg.

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