Ronit’s Asian Salmon

This is a family favorite – even my kids’ friends request it!

- 1 1/2 pounds salmon filet with skin
- Sesame oil to brush on fish
- ½ cup nama shoyu or tamari
- ½ cup water
- ¼ cup ponzu
- 1 tablespoon agave nectar
- 1 teaspoon crushed pepper

Place fish in pan and brush with sesame oil. Turn over to marinate with skin down.

Mix remaining ingredients and pour over the salmon. Marinate for at least one hour or up to 24 hours in the refrigerator.

Preheat oven to 350 degrees. Cover salmon and bake for 15 minutes. Uncover and broil for an additional 5 minutes.

Baked Fish in Tomato-Caper Sauce

This is a great recipe that even people who aren’t fish lovers enjoy. It’s also one of my favorite dishes for dinner parties because the sauce is easy to prep in advance, so all that’s left to do is bake the fish when guests arrive.

This dish is always a winner at my house and with Smart Life clients. What I love about it is that I can pre-make the tomato sauce a day or two ahead and bake it with fish right before serving. I can also use the sauce to bake fish or shrimp for different meals.

Give this Mediterranean flavored dish a try and elevate your fish dinner to a new level of YUM!

3 tablespoons extra virgin olive oil
2 large yellow onions, chopped
3 cloves garlic, chopped
2 teaspoons fresh oregano
2 tablespoons capers, drained
2 cups canned crushed tomatoes
2 cups fresh tomatoes (with seeds and juices), chopped
1 to 2 zucchinis, chopped
2 teaspoons freshly squeezed lemon juice
1 teaspoon Himalayan or sea salt
Freshly ground black pepper to taste
1 ½ pounds fresh white fish like cod or sole

Preheat oven to 350 degrees.

Heat olive oil over medium heat in a sauté pan. Add onion and sauté until soft, 5 to 7 minutes. Add garlic and sauté until lightly colored, about 1 minute. Stir in oregano, capers and zucchini.

Add crushed tomatoes, fresh tomatoes, lemon juice, salt and pepper. Lower heat to a simmer and cook for 15 minutes. Spread one quarter of tomato sauce on the bottom of a large baking dish.

Arrange fish in a single layer on top of sauce. Bake in over for 15 to 20 minutes, or until fish is just done and opaque. Garnish with lemon and fresh herbs and serve.

Garlic Shrimp

This is a great solution for a speedy dinner when I run home late from work and everyone is already “sooooo hungry!”

- 8 ounces shrimp (4 ounces per person)
- 2 cloves garlic
- 2 teaspoons olive oil
- Lemon wedge

Preheat skillet. Add olive oil. When olive oil is hot, add garlic and cook for 1 minute. Add shrimp and sauté 4 to 7 minutes or until they’re opaque in the center. Squeeze lemon on shrimp and serve over steamed spinach or kale.

Poached Cod or Halibut

The flavors of this recipe are sophisticated and delicate yet it is so easy to make. I use this recipe when I want to easily impress!

- 2 cod or halibut fillets (4 ounces each)
- 2 cups low-sodium vegetable broth (try organic like Imagine or Pacific brands)
- 4 tablespoon leeks, chopped
- Sea salt and pepper to taste
- 2 tablespoons mellow white miso
- ½ cup warm water
- Juice of ½ lemon

Bring vegetable broth and leeks to a simmer in a pot. Sprinkle cod with salt and pepper.

In a small bowl, whisk miso paste with warm water until it’s

fully dissolved. Add the mixture to the simmering broth and bring back to a simmer.

Add fish. Wait until mixture returns to gentle simmer and add the lemon juice.

Cook 5 to 7 minutes or until fish is cooked through.