

From the Kitchen of Gail Johnson

Grilled Red Snapper with Brown Rice

Another easy-to-prepare favorite, low calorie, nutritious and delicious.

- 4 red snapper fillets (about 4 ounces each)**
- 2 cups brown rice (medium grain)**
- 2 cups small carrots (fresh or frozen) cut into medium size pieces**
- 2 cups broccoli florets**
- 1 bottle citrus-herb marinade**
- ½ teaspoon extra-virgin olive oil**

Prepare brown rice according to package directions. Steam carrots and broccoli with garlic and drizzle with about ½ teaspoon extra-virgin olive oil.

Marinate fillets in citrus-herb vinaigrette. Grill on hot fire for about 5 minutes on one side and 3 minutes on the other, or until done as desired.

Serves 4. One serving shown on the plate below totals about 395 Calories.

