

## CITRUS ALMOND FISH

PREHEAT: burner, medium temperature

PAN: heavy frying pan, large

- 4 garlic cloves, crushed
- ½ cup water
- 1 teaspoon tamari sauce (low-sodium) or Bragg liquid aminos
- 1 tablespoon 100% olive oil, extra virgin

Place in heated skillet. Sauté until garlic is soft.

- 2 tablespoons almonds, slivered

Add to sautéed garlic. Stir and cook until slightly golden.

- 1 pound FRESH fish of choice (washed, pat dried)

- 1 lime

Check for fish bones. Place fish in wide bowl (pie plate). Squeeze fresh lime juice over fish, covering both sides. Place fish in skillet with garlic/almond sauce. Cook about 5 minutes per side, until fish is opaque. Serve.

5 + COLORS: white, brown, golden, tan, green (+ color of chosen fish)

FOOD CIRCLES: vegetables, water, legumes (beans), essential fatty acids, nuts, fish, fruit

Number of Servings: 2-3

Serve with: Peas, angel hair pasta, salad, water

Comment: “Unbelievably easy, fast, and sumptuous. Delicious!” (mother of two)

## GROCERY LIST

- Garlic cloves
- Tamari sauce (low-sodium) or Bragg liquid aminos
- 100% olive oil, extra virgin
- Almonds, slivered
- Fish of choice, FRESH
- Lime