

**Red Snapper and Bean Salad with Cuban Mojito Sauce**

## Sauce:

	juice of 1 orange		
	juice of ½ lime		
	grated peel of ½ lime		
¼ cup	flaxseed oil	50	mL
2 tsp.	whole flaxseed	10	mL
1 tsp.	sherry vinegar or red wine vinegar	5	mL
2	cloves garlic, crushed	2	
2 tsp.	grated ginger	10	mL
1 tsp.	crushed dried oregano	5	mL
1 tsp.	granulated sugar	5	mL
½ tsp.	ground cumin	2	mL
½ tsp.	salt	2	mL

## Salad:

1 lb.	red snapper fillets	450	g
2	oranges	2	
1 cup	water	250	mL
	salt and pepper to taste		
10 oz.	can black beans or black eyed beans	540	mL
3 cups	torn spinach or lettuce	750	mL
½ cup	slivered red pepper	125	mL
¼ cup	slivered red onion	50	mL

- To prepare sauce: In a jar with a tight fitting lid, combine orange juice, lime juice, lime peel, flaxseed oil, whole flaxseed, vinegar, garlic, ginger, oregano, sugar, cumin and salt. Shake well.
- To prepare salad: In a fry pan, with a lid, slice one of the oranges into ¼ inch (6 mm) slices. Lay in bottom of pan then lay snapper fillets on top. Pour water over, lightly season with salt and pepper.
- Bring to a boil, cover, reduce heat to simmer. Cook until fish is opaque all the way through, about 10 minutes.
- Carefully lift fish out of fry pan. Let cool on several layers of paper towel.
- In a large salad bowl, combine beans, lettuce, red pepper and red onion.
- Peel remaining oranges, separate into segments. Cut each segment crosswise into four. Add to salad.
- Drizzle Mojito sauce over and gently toss.
- Break snapper into bite size pieces. Gently toss into salad.

Yield: 8 servings

Serving Size: 1 cup (250 mL)

## Single Serving Nutrient Values

Kcal	198.5	
Protein	19.4	g

Carbohydrates	18.7	g
Fiber	5.0	g
Fat	6.6	g
Saturated	0.9	g
Monounsaturated	1.2	g
Polyunsaturated	4.0	g
Trans Fat	0.0	g
Cholesterol	26.6	mg
Folate	62.2	mcg
Potassium	753.0	mg
Sodium	506.6	mg

\*recipe made with spinach and red wine vinegar