

LiveBetter with MedWatch

Marinated Seafood Kabob with Orange Salsa

Ingredients

- ¼ cup orange or tangerine juice
- 2 Tbsp. vegetable oil
- 2 tsp. minced garlic
- 2 tsp. minced garlic
- 2 tsp. minced ginger root
- ½ tsp. grated orange or tangerine peel
- 1 ½ pounds firm-fleshed fish, like swordfish or tuna, cut into ½-inch pieces, or 1 ½-lbs. sea scallops
- * salt and pepper

Salsa (Makes 2 ½ cups)

- 2 large oranges, peeled, pit removed and diced (1 ½ cups)
- 1 large tomato, seeded and diced (1 cup)
- 1/3 cup minced red onion
- 1 tsp. grated orange peel
- 1 tsp. minced garlic
- 1 tsp. minced ginger root
- ½ jalapeño chili pepper, minced fine
- ¼ tsp. salt
- 1 Tbsp. minced fresh cilantro

Preparation

Marinade:

1. In a medium bowl, combine all ingredients for marinade.
2. Add seafood and toss to coat with marinade.
3. Chill covered for 1 hour.

Salsa:

1. Combine all ingredients, except cilantro, in a bowl. Cover and chill.
2. Stir in the cilantro just before serving.

Kabobs:

1. Drain the seafood, pat it dry and thread onto 4 skewers.
2. Arrange kabobs on a broiler pan and broil under a pre-heated broiler 4 inches from the heat for 2 to 3 minutes on each side, or until firm.
3. Serve the kabobs with the salsa.

Makes 4 kabobs. Serving size: 1 kabob.

Nutrition Analysis

Per serving: 237 calories, 5 g fat, 61 mg cholesterol, 2 g dietary fiber



LiveBetter with MedWatch is made possible in part by a gift from Cambridge Homes.