

## BLACKENED SNAPPER with FRESH CUCUMBER SALAD

*Low carb Creole inspired healthy soulful dish*

**Yield:** 4 servings

### GATHER EQUIPMENT:

- 1 strainer
- 1 bowl
- 1 knife
- 1 cutting board
- 1 large skillet, preferably cast iron
- Measuring spoons
- 1 cooking spatula
- 1 plate
- Paper towels

### PREP IT!

#### ***Fresh Cucumber Salad***

- 4-5 mini or
- 1 large Cucumber(s), fresh, sliced
- 1 pint Grape or Cherry Tomatoes, fresh, quartered
- ¼ small Red onion, fresh, sliced thin
- ½ bunch Basil, fresh, diced
- ½ small Lemon, fresh, juiced
- 4 tablespoons Olive oil
- 2 teaspoons **Taste Tutor Seasoning 101**

#### ***For Blackened Snapper***

- 2 tablespoons Olive oil
- 16 ounces Snapper, fresh or your favorite fresh fish (cleaned, whole or cut into even sized fillets)
- 1½ tablespoons **Taste Tutor Blackening Seasoning**
- 1 teaspoon **Taste Tutor Seasoning 101**

### MAKE IT!

#### ***For Fresh Cucumber Salad***

1. Mix all ingredients together.
2. Enjoy!

#### ***For Blackened Snapper***

1. Heat oil in a large cast iron skillet or oven safe skillet over medium-high heat. Pat fish dry. Coat fish with **Taste Tutor Blackening Seasoning** and **Taste Tutor Seasoning 101**. Sear each side of the fish by cooking skin side down first, if applicable, for 4 to 5 minutes or until a crust forms. Carefully, flip the fish over and cook for and additional 2 to 3 minutes or until fish is cooked through (internal temperature is at least 145°F).
2. Using a spatula, remove the fish from the skillet.
3. Enjoy hot with the rest of your meal!

**Tip:** This recipe works great with shrimp or scallops as well. Simply substitute the same amount of fish for shrimp or scallops and reduce the cooking time.

**Reheat Leftovers:** in the oven or in the microwave.

## GROCERY LIST

### Produce

- 4-5 mini or 1 large Cucumber(s), fresh
- 1 pint Grape or Cherry Tomatoes, fresh
- 1 small Red onion, fresh
- 1 bunch Basil, fresh
- 1 small Lemon, fresh

### Spice/Oils/Baking

- 1 small bottle Olive oil
- 1 jar Taste Tutor Blackening Seasoning *available at* <https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings/blackening>
- 1 jar Taste Tutor Seasoning 101 *available at* <https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings/101>

### Seafood

- 16 ounces Snapper, fresh or your favorite fresh fish (cleaned, whole or cut into even sized fillets)

## HEALTHY & FLAVORFUL TIDBITS

- Here are some tips on achieving balanced flavorful dishes on a low carb or low sugar diet.
- Incorporate low glycemic index foods like whole grains, non-starchy vegetables, and fish and high fiber foods into your diet. The fiber will help to keep you fuller longer and won't raise your blood sugar as quickly as processed, white carb foods.
- When choosing fruit, try to stick with what is in season. Fruits that are in season will likely result in riper, sweeter fruit so more sugar does not need to be added to your recipes.
- Try to keep a steady balance of whole, colorful, and nutritious foods in your diet. This will ensure you are getting all the nutrients your body needs to succeed.
- Have a well-stocked seasoning cabinet so you can impart any desired flavor to any of your dishes. <https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings>

Happy cooking folks! 😊