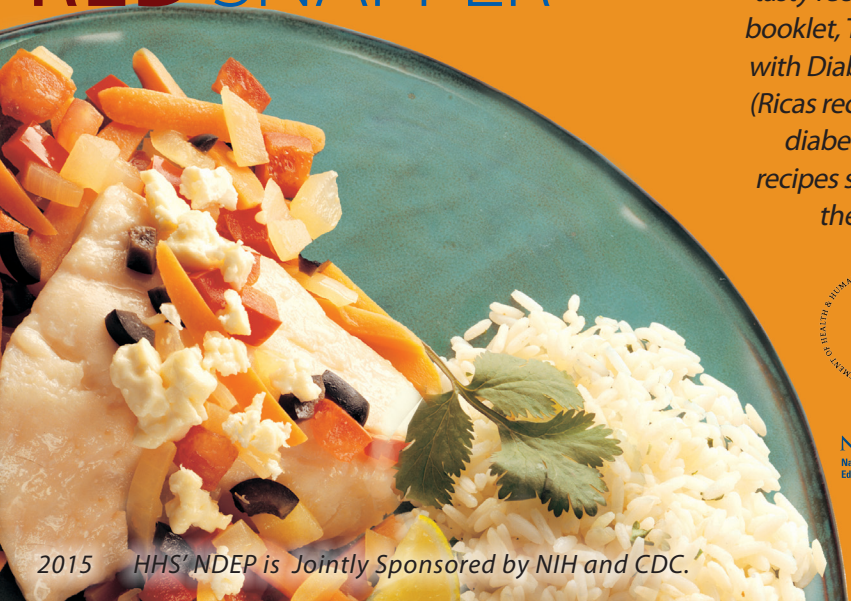
National Diabetes Education Program

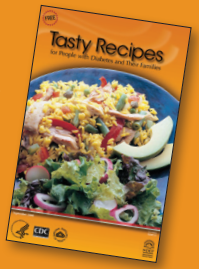
Caribbean

RED SNAPPER



It's more than food. It's Life.
Más que comida, es vida.

Would you like to enjoy other tasty recipes? The NDEP's recipe booklet, Tasty Recipes for People with Diabetes and Their Families (Ricas recetas para personas con diabetes y sus familiares), has recipes specifically designed for the Latin American palate.



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CARIBBEAN RED SNAPPER

This fish can be served on top of vegetables along with whole grain rice and garnished with parsley. Salmon or chicken breast can be used in place of red snapper. Total servings: 4.

Ingredients:

- 2 Tbsp. olive oil
- 1 medium onion, chopped
- ½ cup red pepper, chopped
- ½ cup carrots, cut into strips
- 1 clove garlic, minced
- ½ cup dry white wine
- ¾ pound red snapper fillet
- 1 large tomato, chopped
- 2 Tbsp. pitted ripe olives, chopped
- 2 Tbsp. crumbled low-fat feta or low-fat ricotta cheese

Directions:

- In a large skillet, heat olive oil over medium heat. Add onion, red pepper, carrots, and garlic. Sauté mixture for 10 minutes. Add wine and bring to boil. Push vegetables to one side of the pan.
- Arrange fillets in a single layer in center of skillet. Cover and cook for 5 minutes.
- Add tomato and olives. Top with cheese. Cover and cook for 3 minutes or until fish is firm but moist.
- Transfer fish to serving platter. Garnish with vegetables and pan juices.

Serving Suggestion: Serve with whole grain rice. ½ cup cooked rice = 1 serving of rice.

Exchanges:

Meat 2 1/3 Vegetables 1 1/4

Bread1/2 Fat 2

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Nutrition facts: Caribbean Red Snapper

Serving Size.....¼ red snapper with ½ cup vegetables (233g)

Amount per serving

Calories.....220 Calories from fat.....80

% Daily Value (DV)*		
Total Fat 10g.....15%	Sodium 160mg.....7%	Vitamin A.....80%
Saturated Fat 2g.....10%	Total Carbohydrate 8g.....3%	Vitamin C.....70%
Trans Fat 0g	Dietary Fiber 2g.....8%	Calcium.....8%
Cholesterol 35mg.....12%	Sugars 4g	Iron.....4%
	Protein 19g	

*Percent Daily Values are based on a 2,000 calorie diet.

Order or download copies of the Más que comida, es vida. materials and the recipe booklet at www.cdc.gov/diabetes/ndep, or call 1-888-693-NDEP.

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