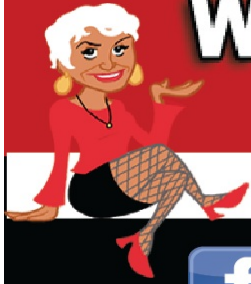


# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



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WeightNoMoreDC



## CREOLE FISH

Final Lifestyle

### Ingredients

6 cod or halibut steaks  
4 small garlic cloves, finely chopped  
1 shallot, finely chopped  
½ cup orange juice  
2 TBS freshly squeezed lemon juice  
1-1/2 TSP olive oil  
1 TSP chopped fresh oregano  
½ TSP Morton's Salt  
½ TSP crushed dried rosemary  
1 TSP ground cumin  
½ cup pitted green olives  
zest of one orange

### Instructions:

1. Heat oven to 400°.
2. Place fish in a glass baking dish.
3. In a bowl, whisk together next 9 ingredients. Pour over fish. Cover and chill 20-25 minutes, turning fish once.
4. Sprinkle with the olives and orange zest. Bake 8 to 15 minutes, or until you can flake fish easily with a fork.

**Portion-Per-Serving Information:** (Yields 6 servings)

Serving = 1 fillet with garnish = 1 P, 1 FT