**Wild Striped Bass over Vegetable Puree**

**INGREDIENTS: SERVES 4**
- 4-4oz. fillets of wild striped bass
- 3 cups low-sodium vegetable broth
- 3 cups water
- 1 cup chopped fennel bulb
- 1 cup chopped zucchini
- 1 cup frozen sweet peas
- 1 cup chopped asparagus
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1/2 Spanish onion chopped
- 1 tbsp. olive oil

**DIRECTIONS**
- Preheat the oven to 350 F
- Chop zucchini, asparagus, onion, fennel bulb, celery and carrots.
- Add water and low sodium vegetable broth to a 4 quart stock pot and bring to a boil.
- Combine all vegetables; add to boiling water and boil for about 15 minutes until vegetables are very soft.
- In a separate frying pan, add 1 tbsp. of olive oil and distribute over the pan.
- Place 4 fish fillets on the pan and sear on high heat for about 2-3 minutes.
- Lay filets on a non-stick baking sheet and place in the oven for 7-10 minutes. (Note: thicker filets will take longer to cook)
- Pour cooked vegetables and liquid into a blender and blend until smooth.
- Cover plates with the vegetable puree and place the fish on top.

**Nutrition Facts per serving**

<table>
<thead>
<tr>
<th>Nutrition Facts per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 242</td>
</tr>
<tr>
<td>Calories from Fat: 65</td>
</tr>
<tr>
<td>Total Fat: 7.2 g (11%)</td>
</tr>
<tr>
<td>Saturated Fat: 1.3 g (7%)</td>
</tr>
<tr>
<td>Cholesterol: 111 mg (39%)</td>
</tr>
<tr>
<td>Sodium: 247 mg (10%)</td>
</tr>
<tr>
<td>Potassium: 791 mg (23%)</td>
</tr>
<tr>
<td>Carbohydrates: 14.3 g (5%)</td>
</tr>
<tr>
<td>Dietary Fiber: 5.1 g (20%)</td>
</tr>
<tr>
<td>Sugars: 6.1 g</td>
</tr>
<tr>
<td>Protein: 29.4 g</td>
</tr>
</tbody>
</table>

---

**Red Quinoa, Shrimp and Broccoli Rabe Risotto**

**INGREDIENTS: SERVES 4**
- 2 cups vegetable broth
- 2 cups water
- 2 cups broccoli rabe, cut-up
- 2 cups red quinoa, dry
- 1/4 lb. 13-15 size shrimp, cut-up
- 1/2 cup low-sodium tomato sauce
- 2 tbsp. olive oil
- 2 tbsp. Parmesan cheese
- 1 tbsp. chopped onion
- 4 mint leaves, chopped

**DIRECTIONS**
- Soak quinoa in a bowl of water for 30 minutes and then rinse in a strainer.
- While Quinoa is soaking, chop mint and onion.
- Chop broccoli rabe and shrimp into small pieces.
- Coat a large frying pan with 2 tbsp. of olive oil and turn burner to high heat.
- Add quinoa and onions; toast quinoa for about 30 seconds.
- Add water and low sodium vegetable broth, mint, broccoli rabe, and diced shrimp to quinoa and simmer for about 15 minutes until liquid is almost gone.
- Top with grated Parmesan and tomato sauce; cook for an additional 2 minutes.
- Plate and serve.