

# Meaty Fish Kebobs

Recipe by C-

This recipe makes: fourteen 2 unit protein portions & 1 unit portions carbs & fat  
(2 kebobs with 1.5 oz. fish each)

This recipe makes: nine 3 unit protein portions & 1 unit portions carbs & fat  
(2 kebobs with 2.3 oz. fish each)

This recipe makes: seven 4 unit protein portions & 2 unit portions carbs & fat  
(2 kebobs with 3 oz. fish each)

This recipe makes: five & a half 5 unit portions & 2 unit portions carbs & fat  
(3 kebobs with 2.5 oz. fish each)

You can use ANY of these fish:  
Swordfish, Shark or Tuna

## Ingredients:

2 cups onion, chopped  
1/2 cup fresh lemon (4 lemons)  
2 Tbsp. Olive oil  
2 Tbsp. Garlic, minced  
1 1/2 tsp. Kosher salt  
1 1/2 tsp. ground Cumin  
2 tsp. Paprika  
1 tsp. whole Peppercorns  
1/2 tsp. Crushed Red Pepper

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2 pounds your choice fish (see above); cut into 1/2 inch cubes  
2 pints Cherry Tomatoes  
8 Poblano Chiles; seeded and cut into 1 inch pieces

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Olive oil cooking spray

If using Bamboo Skewers, begin soaking them in water now.

## Directions:

**Step 1:** Prepare grill or grill pan, as directed on your menu under "HINTS"

**Step 2:** Place first 9 ingredients in a food processor and process until smooth. Pour the marinade in a zip-lock bag with the fish cubes and refrigerate for 30 minutes.

**Step 3:** Remove the fish from the bag and reserve the marinade for later. Remove the skewers from the water and thread the proper portion of fish, cherry tomatoes and chiles alternately onto each skewer. Each skewer should have about 2 tomatoes & 5 or 6 chile pieces. Begin and end with a chile.

**Step 4:** Place kebobs on a grill rack coated with cooking spray. Cook 10 minutes or until fish flakes easily when tested with a fork, turning and basting with reserved marinade frequently while grilling.

**Cooks Notes:** To re-heat these, you can quickly grill them again just to warm them. I do not suggest you use the microwave to warm them back up.

