



Citrus Fish Kabobs

(Cookshelf Healthy Cooking, Parragon Publishing)

Main Dishes

If using bamboo skewers, set to soak for about 20 minutes before assembly of kabobs.

1 pound firm white fish fillets (such as cod or monkfish)
1 pound thick salmon fillet
2 large oranges
1 pink grapefruit
1 bunch fresh bay leaves
1 tsp finely grated lemon rind
3 T lemon juice
2 tsp clear honey
2 garlic cloves, crushed
Salt and pepper

Skin the white fish and the salmon, rinse, and pat dry on absorbent paper towels. Cut each fillet into 16 pieces.

Using a sharp knife, remove the skin and pith from the oranges and grapefruit. Cut out the segments of flesh, removing all remaining traces of the pith and dividing membrane.

Thread the pieces of fish alternately with the orange and grapefruit segments and the bay leaves onto 8 skewers.

Mix together the lemon rind and juice, the honey, and garlic. Pour over the kabobs and season. Cover and chill for 2 hours, turning occasionally.

Preheat the broiler.

Remove the kabobs from the marinade and place on the rack.

Cook for 7-8 minutes, turning once, until completely cooked through.

Drain the kabobs thoroughly, transfer to serving plates, and serve with crusty bread and a fresh salad.

Serve with a mixed green salad and/or seasoned risotto.