Wellnesssleuth **Recipes**

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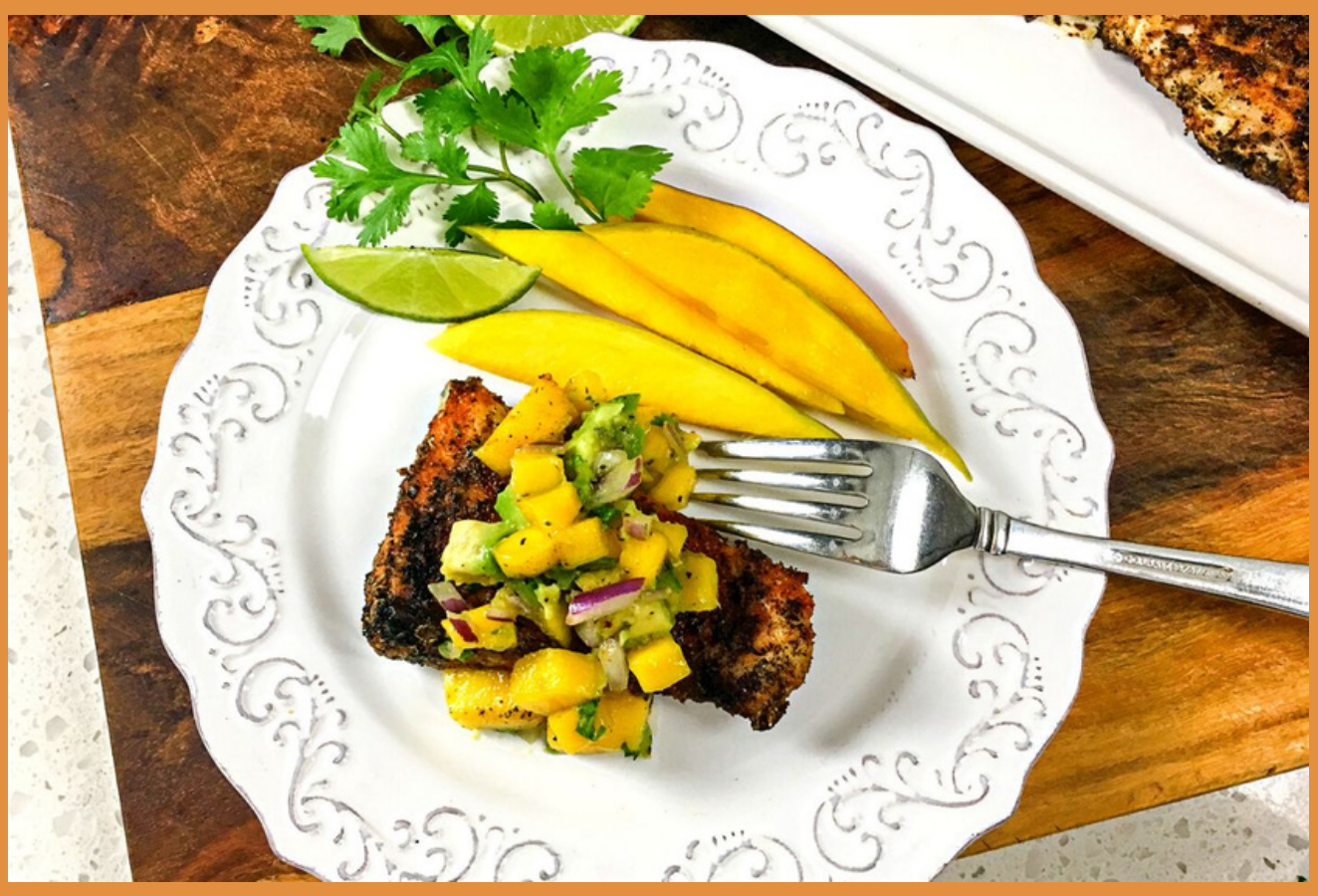

BLANCHED ASPARAGUS

INGREDIENTS:

- ***Ingredients***
- ***Spicy Cajun Seasoning Ingredients:***
- ***1 T. paprika***
- ***1 t. garlic powder***
- ***1 t. onion powder***
- ***½ - 1t. cayenne pepper****
- ***¾ t. dried thyme***
- ***¾ t. dried oregano***
- ***1½ t. sea salt***
- ***¾ t. ground black pepper***
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- ****adjust amount of cayenne pepper to reach desired level of heat***
- ***Remaining Ingredients:***
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- ***1 large mango, peeled and diced***
- ***1 large avocado, peeled and diced***
- ***½ small red onion, diced***
- ***½ medium jalapeño pepper, diced***
- ***2 cloves garlic, minced***
- ***3 T. fresh cilantro, finely chopped***
- ***3 T. fresh lime juice***
- ***2 T. extra virgin olive oil, divided***
- ***4 5-oz. red or yellowtail snapper fillets***

DIRECTIONS

- **Instructions**
- **Directions:**
- **In a small bowl, combine the ingredients for the spicy Cajun seasoning. Stir to combine and set aside.**
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- **In a large bowl, combine the mango, avocado, red onion, jalapeño, garlic, and fresh cilantro. Add fresh lime juice and season with salt and black pepper, to taste. Stir to combine and set aside.**
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- **Sprinkle the Spicy Cajun Seasoning onto both sides of the snapper fillets. Rub gently to ensure the seasoning is evenly distributed and adheres well.**
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- **Heat a tablespoon of olive oil in a large skillet over medium heat. Place the seasoned fillets into the hot skillet and cook until they are nicely browned and flake easily with a fork, approximately 3-5 minutes per side. Cook time will depend on the thickness of the fillets.**
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- **Remove from heat and serve immediately with some of the mango-avocado salsa on top. Enjoy!**

GRILLED POLENTA CROSTINI

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. Click here

EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! Click here

MIXED BERRY SALAD WITH RASPBERRY VINAIGRETTE

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. Click here