

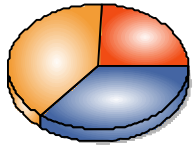


Fast Fish and Veggies

By: Created by Dr Walford

Recipe grams: 1166.00g/41.1oz

Serves 2 583.00g/20.6oz per serving



Protein: 32%
Carbohydrates: 42%
Fat: 26%

INGREDIENTS

8 flowerets CAULIFLOWER, RAW
1.5 cups SUMMER SQUASH, RAW
2 large CELERY, RAW
8 spear-tips ASPARAGUS, RAW
2 cups BROCCOLI FLOWER CLUSTERS, RAW
1 cup RED PEPPER, SWEET, RAW
1/2 cup CARROT, RAW
6 oz SALMON, PINK, CANNED, NO ADDED SALT
1 cup MARINARA PASTA SAUCE, RTS

DIRECTIONS

SHORTCUTS: Buy pre-chopped vegetables. The first 5 ingredients would be prepared. The FAST caption is a shortcut you take by purchasing a pre-washed and chopped Veggie Mix at the market. You may find a frozen mix as well. If you have to chop the veggies yourself, the FAST claim is off! Find a mix with roughly the following proportions: 25% broccoli and cauliflower, 25% zucchini & yellow squash, 25% red, green and yellow peppers (or all red), 10% carrots, 5% each celery, asparagus, snow peas. Your mix does not have to have these exact veggies or proportions, as many veggies overlap nutritionally. Get a mix with color variety, this indicates good phytonutrient coverage. Adding onions, leafy veggies, or local seasonal favorites is fine. Stick to low calorie, non-starchy veggies.

Nutrition Facts

Serving Size: 1 serving (583.0g)

Servings: 1

Amount Per Serving

Calories 300 Calories from Fat 80

% Daily Value*

Total Fat 9g 15%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 770mg 30%

Total Carbohydrate 33g 10%

Dietary Fiber 7g 25%

Sugars 17g

Protein 25g

Vitamin A 200% • Vitamin C 320%

Calcium 30% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.