

*lemon and garlic*

# Mahi Mahi

Mahi-mahi is a great anti-inflammatory fish choice.  
It is wild-caught and relatively low in mercury.



## INGREDIENTS

- 1 medium lemon
- 4 (5 ounce) skinless mahi-mahi fillets
- ½ teaspoon salt
- 2 tablespoons unsalted butter
- 1 teaspoon fresh thyme leaves
- 1 medium clove garlic, grated
- ½ teaspoon coarsely ground pepper
- ¼ teaspoon smoked paprika

## DIRECTIONS

### STEP 1

Preheat oven to 400°F. Line a large rimmed baking sheet with parchment paper. Grate lemon to yield 1 teaspoon zest; place the zest in a small microwaveable bowl. Cut 4 (1/4-inch-thick) slices from the grated lemon; transfer the slices to the prepared baking sheet. Save remaining lemon for another use.

### STEP 2

Place 1 mahi-mahi fillet on top of each lemon slice. Sprinkle evenly with salt.

### STEP 3

Place butter, thyme, garlic, pepper and paprika in the bowl with the lemon zest. Microwave on High until the butter is melted and the spices are fragrant, about 30 seconds. Stir to combine. Spoon and brush evenly over the mahi-mahi fillets.

### STEP 4

Bake until the fish flakes easily with a fork, about 20 minutes. Garnish with additional thyme, if desired.

## NUTRITION FACTS

Serving Size: 1 fillet

Per Serving: 174 calories, total carbohydrate 1g, protein 26g, total fat 7g, saturated fat 4g, cholesterol 119mg



**Wisconsin Athletic Club**

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