



## **MAHI-MAHI & GREEK SALAD**

### **FOR THE SALAD - INGREDIENTS:**

Mixed organic greens - 2 handfuls per person  
boiling potatoes, sliced, 1 - 2 small potatoes per person  
tomatoes - as many as you like  
red onion, sliced  
Kalamata Olives, pitted and sliced  
Cucumbers, sliced  
roughly 1/3 cup Red Wine Vinegar  
roughly 1/4 cup Extra Virgin Olive Oil  
1 tsp. Oregano  
1 tsp. Crushed Garlic  
Salt and Pepper to taste  
1/4 tsp. Crushed Red Chili Flakes  
Feta Cheese - A little dab should do you. No need to go overboard here.

### **DIRECTIONS:**

Wash and slice potatoes, boil in salted water until the potatoes are fork tender, drain, and then shock. Shocking means to put in ice water. It's important to cool the potatoes down before adding to your salad.

While potatoes are cooking, assemble the other ingredients for the salad. Wash your greens, add in the tomato, onion, cucumbers, olives. When potatoes are cool, drain, and add those in as well.

For the dressing, combine the vinegar, oil, salt, pepper, oregano, crushed red chili flakes and garlic. This should have a heavier vinegar taste than olive oil. The general ratio is 3 parts olive oil to 4 parts vinegar.

Just prior to serving, pour on the dressing. At one time, I liked this with extra dressing as it was great to sop up with some hard crusty bread. I don't DO hard crusty bread anymore - but with that said, it's still a good salad for extra dressing.

Once assembled, and dressed, place in your serving dish and toss in a little Feta cheese.

**FOR THE MAHI-MAHI:**

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Salt and Pepper

Gluten free flour for dredging fish - I prefer Better Batter All-Purpose Flour Blend

Olive Oil

**DIRECTIONS:**

Season fish with salt and pepper.

Place a little flour on a plate and lightly dredge fish. Shake off any excess.

In a saute pan over medium high heat, with a little olive oil, cook fish. It will depend on the thickness of the fish as to how long you need to cook it. The fish for tonight was about an inch thick - and I cooked it about 3.5 minutes per side. I only turned it once.