

Pecan-Crusted Mahi Mahi

Servings: 2

From Coupon Kitchen

Ingredients

2 oz bag chopped pecans
1/4 tsp salt
1/2 tsp garlic powder
1/2 tsp paprika
1/4 tsp black pepper
2-6 oz mahi mahi fillets
1/4 cup fat free buttermilk
1/8 cup flour
1/2 Tbsp butter

Preparation

- 1) In a food processor, pecans, salt, pepper, garlic powder and paprika, until they have formed a breadcrumb like consistency.
- 2) Place pecan mixture, flour, and buttermilk in 3 separate shallow bowls. Dredge fish fillets by dipping in flour first, then dip in buttermilk, and then finish with the pecan mixture to coat both sides.
- 3) Heat butter in a large, nonstick skillet and set on medium high heat. Cook mahi mahi fillets for about 4-5 minutes on each side, or until well browned and fish flakes with a fork.

Cinnamon Roasted Sweet Potatoes

Servings: 2

From Coupon Kitchen

Ingredients

1 lb sweet potatoes, peeled and cut into 3/4-inch pieces
1/2 Tbsp olive oil
1/4 tsp salt
1/4 tsp pepper
1/4 tsp ground cinnamon

Preparation

- 1) Preheat oven to 400 degrees.
- 2) Toss sweet potatoes with oil on a rimmed baking sheet; season with salt, pepper, and cinnamon. Bake 25 minutes, stirring halfway through cooking time.