

The Wellness Kitchen

Recipes from the UC Berkeley School of Public Health



[Home](#)

[Back](#)

[Print](#)

Citrus-Roasted Snapper



Lime juice and orange juice season this simple baked fish dish. This type of treatment would work well for firm-fleshed fish as well as fatty types of fish: Try grouper, mackerel, or bluefish. **Serving suggestion:** Serve with Sushi Rice Salad, Fresh Fennel Salad, and, for dessert, Cranberry-Ginger Applesauce.

4 red snapper fillets (5 ounces each)

1 tablespoon fresh lime juice

1 tablespoon orange juice

½ teaspoon sugar

¼ teaspoon salt

2 tablespoons chopped fresh mint (optional)

1 Preheat the oven to 425°F. Spray a small baking sheet with nonstick cooking spray.

2 Sprinkle the snapper first with the lime and orange juices, then with the sugar and salt. Top with the mint, if using. Roast until the fish just flakes when tested with a fork, about 10 minutes.

Makes 4 servings

per serving: 151 calories, 2g total fat (0.4g saturated), 53mg cholesterol, 0g dietary fiber, 2g carbohydrate, 30g protein, 211mg sodium. good source of: omega-3 fatty acids, selenium, vitamin B12, vitamin B6.

Even Healthier: no salt or salt to taste

© 2021 Owned by or licensed from The Regents of the University of California

This information is not intended to provide advice on personal medical matters or to substitute for consultation with a physician. Translation of the English version of this information into other languages is done using machine translation. ConnectWell does not claim accuracy for the translation. Your use of this information means that you agree to the [Terms of Use](#) and [Privacy Policy](#). To report any issues or problems with the site, let us know by using our [Feedback Form](#). © 2021 ConnectWell – Integrating Wellness into Life®.