

# Pico de Gallo Fish & Chips

## Healthy Cooking

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### WHAT MAKES IT MEANINGFUL

We all know that we need to eat healthy and live a healthy lifestyle in order to live a long and happy and healthy life, but we usually think its at the cost of eating delicious food. Healthy Cooking doesn't have to be bland or tasteless. On the contrary! It can be super delicious, super nutritious and super satisfying! Don't believe the hype? Try this recipe and be the judge for yourself! I dare you! I double-dog dare you! With these recipes you will see that it fits most people's diets including those who need to follow the DASH (Dietary Approaches to Stop Hypertension) diet. Usually reserved for people who are living with diabetes, stroke, hypertension, or for those who just want to lose weight to better their mental and physical health, you will see how easy it is to eat healthy and eat deliciously at the same time. These recipes can also be flexible for those who have allergies. Healthy Substitutions are always welcomed! With that, bon appetite, buen provecho, salud, and enjoy!

### TIME

Baked and Crispy Sweet Potatoes – 40-60 minutes  
Baked Rainbow Trout – 30-40 minutes  
Pico de Gallo – 10-15 minutes

### MATERIALS

#### **Pico de Gallo (Tomato Salad/Salsa):**

- 1 Medium Tomato Diced into small cubes
- 1 Table Spoon Full of Garlic Powder
- 1 Table Spoon Full of Black Pepper
- 1 Full Tea Spoon of Cayenne Chilli Flakes (optional)
- 1 pinch of Salt
- 1 Table Spoon Full of Red Wine Vinegar
- 1 Tea Spoon full of Oregano
- 1/2 Medium Onion (white or Red) Diced into small cubes



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## INSTRUCTIONS

### **Baked Sweet Potato Fries:**

- 1 Table Spoon Full of Garlic Powder
- 1 Table Spoon Full of Black Pepper
- 1 Full Tea Spoon of Cayenne Chilli Flakes (optional)
- 2 pinches of Salt
- 2 Full Table Spoon of Extra Virgin Olive Oil
- 2 Table Spoon Full of Red Wine Vinegar
- 1 Tea Spoon full of Rosemary
- 1/2 of a Large Sweet Potato Cut into very thick fries

### **Baked Rainbow Trout (per one fillet):**

- 1 Table Spoon Full of Garlic Powder
- 1 Table Spoon Full of Black Pepper
- 1 Full Tea Spoon of Cayenne Chilli Flakes (optional)
- 2 pinches of Salt
- 1 Full Table Spoon of Extra Virgin Olive Oil
- 1 Table Spoon Full of Red Wine Vinegar
- 1 Tea Spoon full of Oregano
- 1 Tea Spoon full of Rosemary
- 1 Tea Spoon full of grounded or pureed Ginger
- 6.5 Table Spoons of Lemon Juice (Freshly Squeezed)
- Rainbow Trout fillet (or Salmon, halibut or any other fish you desire but omega rich fish help clear out arterial clogging of bad cholesterols and fats)

## Instructions

### Pico de Gallo

- Mix all ingredients together thoroughly and place into a small bowl.

### Baked Rainbow Trout

- Thoroughly mix all spices, vinegars, and juices in small bowl. Lightly wash fish with warm water and lemon juice for a few seconds then pat dry on all side of the fish to ensure it is as dry as it possibly can be. Lightly oil or grease a pan or tray that can be placed in the oven or aluminium foil. Place your fish on top of the grease or lightly oiled oven tray/pan/aluminium foil and apply all the marinade on top liberally. Pre heat oven to 400. Once oven is at 400 place marinated fish inside and let it cook for between 30-40 minutes or until slight browning on top and tender and flaky in the middle. Then take the fish out to cool and serve.

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## INSTRUCTIONS

### Sweet Potato Fries

- Mix all the spices, oils, and vinegars together and apply generously on the cut Sweet Potatoes on all side. Lightly oil or grease a pan or tray that can be placed in the oven or aluminium foil. Place marinated Sweet Potatoes flat on the backing tray/pan/aluminium foil and space them apart equally as much as possible. Pre-heat the oven to 400. Once the oven gets to 400, place the Sweet Potatoes fries inside the oven for about 20-30 minutes (or when its browned) and flip each fry to the opposite side in order to brown both sides. after 40-60 minutes (or when both sides are browned and crispy) take the fries out to serve.

### Plating

- Plate the baked sweet potato fries first then add the fish on top of the fries and top the fish and fries off with the pico de gallo and enjoy!

## RESOURCES

Nutritional Facts found on the United States Department of Agriculture (USDA) and Canadian Nutrient File (CFN) website: <https://fdc.nal.usda.gov/> and <https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>

DASH Diet Guide was found on the Mayo Clinic website at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>

## SUPPORTS NEEDED

This activity can be done independently, in pairs or with a group.

## OTHER THINGS TO NOTE:

Servings: 1  
Carbohydrates: 16g  
Calories: 253  
Total Fat:10g  
Sodium: 575mg  
Cholesterol: 47 mg  
Proteins: 26g