



## SEAFOOD KEBABS

### INGREDIENTS:

- 8 oz. halibut steak, boned and cut into 2" chunks
- 6 large shrimp, peeled and cleaned
- 12 scallops
- 1 red pepper, cut into chunks
- 1 yellow pepper, cut into chunks
- 1 bunch fresh spinach, trimmed and rinsed
- 1 cup couscous

Prepare couscous according to package directions. Preheat broiler. Thread halibut, shrimp and scallops onto skewers alternating with pepper chunks. Place under broiler, about 3" from heat, and broil for 2-3 minutes on each side. Fish should be barely opaque, never dry. Remember it will keep on cooking after it is removed from the broiler. Meanwhile, bring 1/2 cup water to boil, add spinach and cook until just wilted. Sprinkle with a little garlic powder if desired. To serve, divide couscous between two plates, surround with spinach, and top with skewered seafood. Serve with fresh peach salsa.

## PEACH SALSA

### INGREDIENTS:

- 1 ripe peach, peeled and diced
  - 1/2 cup diced fresh pineapple
  - 1/2 cup diced red pepper
  - 1/4 cup rice wine vinegar
  - 1/2 tsp. crushed red pepper flakes
  - juice of one lime.
- Mix and refrigerate.



## BAKED APPLES

Peel and core 4 Granny Smith apples. In the hollow of each apple, place 1 tsp. honey, 1/2 tsp. lemon juice and a few raisins. Top with a sprinkling of oatmeal and a pinch of cinnamon. Place apples in a pan, add approximately 1/4 cup water, and bake at 350° for about 1 hour.

Tip...  
Rub apples with lemon to prevent discoloration



## Couscous

Couscous is a fine-grained semolina cooked so that each grain is separate, resulting in a light & fluffy texture. It is available in the health food section of most grocery stores