

Low-Point Barramundi with Red Pepper Corn Relish

Ingredients:

- 1/2 Tbs olive oil
- 3, 4 oz. boneless Barramundi (fish)
- salt and pepper
- Goya Adobo seasoning

Red Pepper Corn Relish Ingredients:

- 1, 16 oz. package frozen corn, thawed
- 1 red pepper, chopped small
- 1 green pepper, chopped small
- 1 green onion, chopped small
- 1/4 cup rice vinegar or cider vinegar
- 1 tsp. tabasco sauce or hot sauce
- salt to taste
- 1 tsp. turmeric
- 1 tsp. cayenne pepper
- 1 tsp. Splenda granulated sugar substitute
- 3 Tbs vegetable oil
- 3 Tbs pure maple syrup

Combine all ingredients for red pepper corn relish and refrigerate. (This relish gets better and better after being in the refrigerator for a day or two.) In a large skillet, heat 1/2 Tbs olive oil over medium-high heat. Sprinkle Barramundi with salt, pepper, and a little Adobo seasoning. Place in skillet and cook (sear) on each side for approximately 5 minutes. Remove. Retrieve red pepper corn relish from the refrigerator and have as a side dish or heat it up and spoon over top of Barramundi.

Total servings - 3

Serving size - 1

Points per serving - 4 (for 4 oz. fish plus 1/2 cup relish)

Total servings of relish - 10 (1/2 cups)

Serving size - 1

Points per serving - 2

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"When Mother Teresa was asked, 'What can we do to promote world peace?' She replied, 'Go home and love your family.'"