

## Low-Point Mahi Mahi Skewers with Creamy Arborio Rice

Ingredients:

- 1 Tbs olive oil
- 1 Tbs onions, minced
- 1 clove garlic, minced
- 1 cup Arborio rice
- 2 cups chicken broth
- 1, 14.5 oz. can of petite diced tomatoes, divided
- 1 Tbs black olives, minced
- 1 Tbs green chiles, minced
- 3, 5 oz. Mahi Mahi filets
- 4 or 5 large fresh basil leaves, chopped
- 1/2 tsp. ground pepper
- 1/2 tsp. kosher salt (or sea salt)
- Yellow squash or zucchini, cubed or sliced slightly thick (to thread on skewer)
- Cooking spray

Turn broiler on high. In a large saucepan, heat olive oil on stove over medium-high heat. Add onions and garlic and saute' for 2 minutes. Add Arborio rice and cook/stir for 2 minutes. Add 1 cup chicken broth and boil until liquid is absorbed (stirring pretty constantly). Add 2nd cup of chicken broth and stir until liquid is absorbed. Add 1/2 can of diced tomatoes, black olives, and green chiles and stir until the liquid is mostly absorbed. Remove from heat and cover. Cut Mahi Mahi into 1 to 1 1/2 inch cubes. Toss fish and squash with remaining diced tomatoes, fresh basil, pepper, and salt. Alternate fish and squash on metal skewers. Spray cooking spray on a baking sheet and line fish skewers on cooking sheet. Spoon any leftover dice tomato and basil mixture over fish. Place in broiler and broil for 4 to 7 minutes, turn over, and broil for 4 to 7 minutes longer. (Four minutes if you like your fish just slightly opaque in the middle and seven minutes if you prefer your fish more well done.) Remove from broiler. Spoon 1/2 cup Arborio rice onto a plate and top with a fish skewer and enjoy!

Total servings of Mahi Mahi Skewers - 6

Serving size - 1

Points per serving - 2.3

Total servings for one Mahi Mahi skewer on top of 1/2 cup rice - 4.3

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

***"We are never so lost that our angels cannot find us."***  
***- Stefanie Powers***