



**\$5,000**  
**GROCERY**  
**GIVEAWAY**

my recipes  
Enter to **DAILY** for your chance to win the  
**\$5,000 Grand Prize!** [ENTER NOW](#)



[Community](#) • [Sweepstakes](#) • [Grocery Coupons](#)



[Recipes](#)

[My Recipe File](#)

[Quick & Easy](#)

[Menus & Parties](#)

[Healthy Diet](#)

[How-To](#)

[Kids](#)

[Grilling](#)

[Weddings](#)

[Recipes](#) > [Greek Mahimahi](#)

# Greek Mahimahi

from *Cooking Light*  
Get 2 RISK-FREE ISSUES!

Serve a delicious fish dinner that takes just 15 minutes to prepare and has under 250 calories per serving.

Make this recipe yours

- Save to Recipe File
- Save to Menu
- Save to Shopping List

[Like](#) [Confirm](#) [Share](#) [f](#) [t](#) [e](#) [Email](#) [Print](#) [A](#) [A](#) [A](#)



[Rate and Review](#)

*Good, solid recipe*

[Read Reviews \(2\)](#)

YIELD: 4 servings (serving size: 1 fillet and 3/4 cup salad)  
COURSE: Main Dishes

## Ingredients

- 4 (6-ounce) mahimahi or other firm white fish fillets (about 1 inch thick), skinned
- 1 teaspoon black pepper, divided
- 1/2 teaspoon salt, divided
- Cooking spray
- 2 cups tomato wedges
- 1/4 cup thinly vertically sliced red onion
- 3 tablespoons halved pitted kalamata olives
- 2 tablespoons chopped fresh parsley
- 1 tablespoon red wine vinegar
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon chopped fresh oregano

[SAVE INGREDIENTS TO SHOPPING LIST](#)

## Preparation

1. Heat a nonstick skillet over medium-high heat. Sprinkle fish with 1/2 teaspoon pepper and 1/4 teaspoon salt. Place fish in lightly sprayed pan; cook 4 minutes on each side or until fish flakes when tested with a fork or until desired degree of doneness. Remove fish from pan; let stand 3 minutes.
2. While fish cooks, combine remaining 1/2 teaspoon pepper, remaining 1/4 teaspoon salt, tomato, and remaining ingredients, tossing well. Serve salad with fish.

*Cooking Light*  
SEPTEMBER 2009

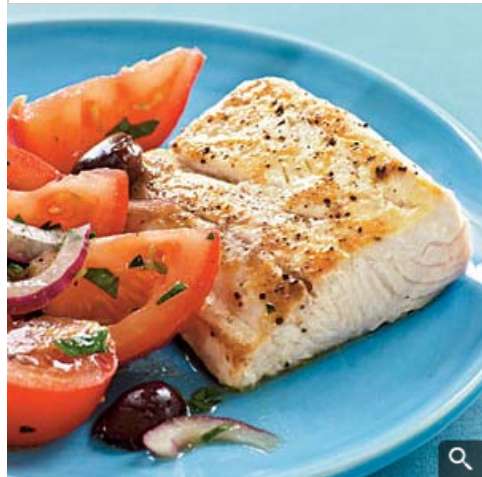


Photo: Photo: Randy Mayor; Styling: Rose Nguyen

## You Might Also Like



[Main Dishes and Entrées](#)

[Dinner Recipes](#)

[Greek Recipes](#)

## Nutritional Information

Amount per serving
Calories: 213
Fat: 6.6g
Saturated fat: 1g
Monounsaturated fat: 4.1g
Polyunsaturated fat: 0.9g
Protein: 31.5g
Carbohydrate: 5.9g
Fiber: 1.6g

## Tuesday Specials

Dinner Tonight  
[Grilled Chicken Sliders and Apricot Chutney Spread](#)



SHARE: [f](#) [t](#) [e](#)

- [July 4th Recipes](#)
- [Red, White, and Blue Recipes](#)
- [Summer Pasta Salads](#)

[SUBSCRIBE TO OUR NEWSLETTERS](#)

advertisement

go for a spin on the sandwich server at [myrecipes.com](#)

With 101 sandwiches, you're sure to find one that suits your style.

**my recipes**

## More From Cooking Light

- [Dinner Tonight](#)
- [100 Easy Chicken Recipes](#)
- [Best of 2011](#)
- [Superfast Summer](#)
- [Superfast Bombay Shrimp Curry](#)

**GET 2 FREE PREVIEW ISSUES!**

*Cooking Light* HEALTHY QUICK COMFORT FAVORITES

25 HOLIDAY COOKING RECIPES

PIZZA NUTRITION 101

ST/PR

[CLICK HERE NOW](#)

Cholesterol: 120mg
Iron: 2.4mg
Sodium: 692mg
Calcium: 46mg

### This Recipe Featured In

- [Greek Mahimahi](#)

### Related Recipe Collections

- [Main Dishes and Entrées](#)
- [Dinner Recipes](#)
- [Greek Recipes](#)

#### Sponsored Links

#### Hebrew National Recipes

Delicious Recipes For Hebrew National 100% Kosher Beef Hot Dogs.  
[hebrewnational.com/recipes](http://hebrewnational.com/recipes)

#### Your Baby Can Read ®

Official 5-Level System Seen On TV. \$14.95 Risk Free + Free Gift Today.  
[www.YourBabyCanRead.com](http://www.YourBabyCanRead.com)

[Buy a link here](#)

#### Wine pairings for Greek Mahimahi



#### Riesling Wines from the U.S.A.

These spicy white wines are light and zesty, allowing them to work well with this recipe



#### Beringer Vineyards Riesling Founders' E...

\$8.49 and up

[View details and reviews »](#)



#### Rose Wines from Provence

#### Riesling Wines from Australia

[Share](#)
[f](#)
[t](#)
[p](#)
[Print](#)
[Save Recipe](#)
[Save to Menu](#)
[Save to Shopping List](#)
[Send To Mobile](#)
[Email](#)

### My Notes

[Add a Note](#)

(Only you will be able to view, print, and edit this note.)



### Ratings and Reviews (2)

Good, solid recipe

[Add a Review](#)

#### skspillman

Posted: 01/25/10



I made this last night. I thought just salt and pepper on the fish might be a little bland so I used salt-free Greek seasoning blend. I still found the fish rather plain. The salad was okay but also nothing special. I served this alongside sundried tomato couscous. I will not make this again--too plain. It did cook up really

Would not make again

quickly though.

**Belladonna714** Easy recipe and very good. I used Wegmans pan searing flour in place of salt and pepper on the Mahi. Raw red onion tends to give me heartburn so I substituted mayan sweet onion. Would definitely make this again.

Posted: 09/30/09



Worthy of a special occasion

[Read More Reviews](#)

Rate and Review All fields required. [See Tips](#)

anonymous

My Rating: [Click to apply your rating](#)

Location:  
Display location

My Review:

1000 characters remaining

Post

### Latest Galleries



[The Best Craft Beers to Pair with Food](#)



[Vegetarian Entrees for the Grill](#)



[Easy Weeknight Chicken Menus](#)



[Red, White, and Blue Recipes](#)

[Recipes](#) | [Quick & Easy](#) | [Menus & Parties](#) | [Healthy Diet](#) | [How-To](#) | [Kids](#) | [Grilling](#) | [Weddings](#)



[About](#) | [Advertising](#) | [Careers](#) | [Contact](#) | [FAQ](#) | [Press](#) | [RSS](#) | [Site Map](#) | [Sweepstakes & Contests](#)

A [Health.com](#) Integrated Solutions Site

#### MORE FROM MYRECIPES

Newsletter

Mobile

Add MyRecipes to: [My Yahoo!](#)

[Add](#)

Follow Us

Fan Us

#### EXPLORE OUR BRANDS:

[all\\*you](#) [COASTAL LIVING](#) [CookingLight.](#) [Health.com](#) [myhomeideas](#) [REALSIMPLE](#) [Sunset](#) [Southern Living](#) [House](#)

[Subscribe to Our Magazines](#) | [Give a Gift](#)

Copyright © 2011 Time Inc. Lifestyle Group. All Rights Reserved. Use of this site constitutes acceptance of our [Terms of Use](#) and [Privacy Policy](#).

