



Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



Baked Fish & Salad

Nonna Snowden recommends you visit her at www.nonnasnowdencooks.com and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. This is a very simple and quick fish and salad recipe. Nonna hopes you enjoy!

Ingredients: Fish

2-4 fish fillets (white fillet - mahi, snapper, cobia)
Gumbo daddy's cajun seasoning (or Tony's Chachere's or Slap Ya Mama's cajun seasoning)
Dan Pasterini garlic and herb seasonings
1 tablespoon minced garlic per fillet
2 tablespoons goat butter per fillet
Non Stick Spray

Preparation: Fish

1. Spray a cookie sheet with non stick spray.
2. Place fish on tray (make SURE there are no bones in the fillets)
3. Season each fillet with cajun seasonings and DP garlic and herb seasonings.
4. Sprinkle garlic over each fillet
5. Put goat butter on top of each fillet.
6. Bake at 375 for 10 minutes

Note: The thickness of the fillets directly impacts cooking time. If the fillets are thin 8 minutes may be enough time and if the fillets are thick you may need a few more minutes. Stick the thickest part of the fillet with a fork. If the fillet, flakes easily it is cooked. If the fillet, resists however slightly, more time is needed.

Ingredients: Salad

Arugula lettuce
2-3 Pears (See note 1)
Walnuts (See note 2)
Romano cheese (grated)
Raspberry Vinaigrette Dressing (See note 3)

Note 1: Chop pears into cubes. You can peel the pears first or not, your call. Peel and/or cut the pears just before serving as the pears will turn color if they sit too long.

Note 2: There are a variety of salad packets in most super market vegetable areas. Some are sweet and some are salty. Nonna used a sweetened walnut packet. As this salad is meant to be on the sweet side, Nonna recommends a sweet salad packet!

Note 3: Normally, Nonna makes her own vinaigrette (a recipe can be found on her web site), but this salad is meant to be sweet. Thus, she used the dressing listed above.

This a simple, easy, and delicious salad.

Nonna donates 50% of proceeds to JumpForTheRose.org.

