Oven Steamed Fish With Tomatoes, Garlic, and Herbs

Serves 4
4 6 oz mahi mahi or other form white fish
Salt and freshly ground pepper
1 pound grape tomatoes, halved
5 garlic cloves, minced
1 tablespoon extra virgin olive oil
2 tablespoons capers, drained
8 large, pitted kalamata olives, quartered
8 fresh thyme sprigs
1 zucchini, cut into bite size pieces
1 red onion, cut into wedges or diced
1/4 cup chopped Italian parsley
Lemon wedges for serving

For Couscous
1-3/4 cups low sodium chicken or vegetable broth (or water)
1/2 teaspoon salt
1 tablespoon extra-virgin olive oil
1-1/2 cups (10 oz) couscous, whole grain of available

1. Preheat your oven to 450 degrees.
2. Fold 8 15-inch-square pieces of parchment in half. Starting at the bottom tip of halved paper, draw half a large heart shape. Cut along lines; open.
3. In a bowl combine the tomatoes, garlic, olive oil, capers, and olives, mix well.
4. Using a brush or spray, coat the parchment with oil and place fish one half the heart.
5. Top with ¼ of the tomato mixture, lay 2 sprigs of thyme over tomatoes, season with salt and pepper, and drizzle a ½ teaspoon of olive oil over fish.
6. Fold other half of parchment over fish. Starting at the top of each parchment half-heart, make small, tight, overlapping folds along outside edge to seal packet; twist tail ends tightly to seal completely. Place packets on a large rimmed baking sheet; roast 12-15 minutes, the fish should easily flake when poked with a fork, test with one packet, don't open all.
7. Remove packets from oven and slit tops with a knife; gently open and sprinkle with parsley and serve with lemon.
8. To make couscous, bring water or broth to a boil with salt and oil. Pour hot water over couscous and cover, allow to sit for 5 minutes, then uncover and fluff with a fork.

*feel free to cut other vegetables like zucchini and broccoli, cauliflower into bite-size pieces to roast together with fish.

EQUIPMENT
15-inch-square pieces of parchment
Mixing bowl
Wooden spoon
Brush with oil in bowl
Parchment lined baking sheet

No bake peanut butter chewy bars
1/2 cup creamy peanut butter, no salt or sugar added
1/4 cup plus 2 tablespoons honey
1 1/2 cups (135 grams) rolled oats
3 tablespoons mini chocolate chips, or dried fruit
2 tablespoons sunflower or pumpkin seeds
2-3 tablespoons shredded unsweetened coconut
2 tablespoons chopped nuts

1. Combine all ingredients together and mix well.
2. Press granola into a rectangle and refrigerate until firm then cut into bars.