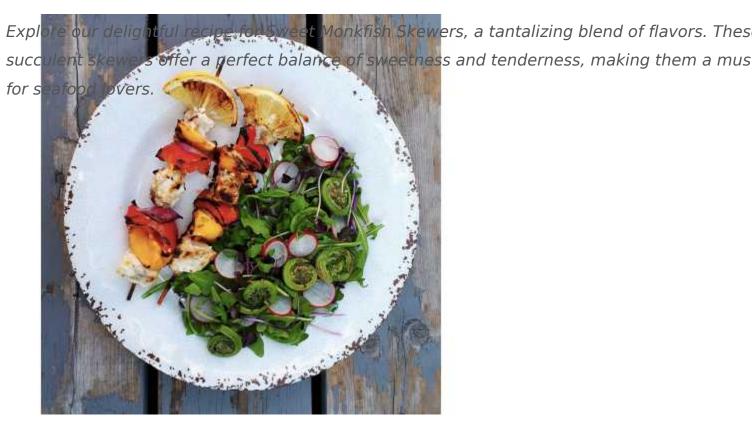
Sweet Monkfish Skewers



Preparation $10\,$ min

Cooking 10 min

Servings 3

Nutrition Facts (per serving)

Calories 400 kcal

Fat 15 g

Carbohydrates 35 g

Fibre 3 g

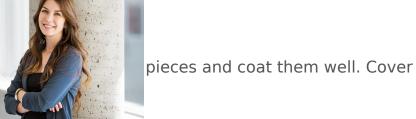
Protein 35 g

Sodium 165 mg

Preparation
• 45 mL (3 tbsp.) jarred garlic or 2 c

45 mL (3 tbsp.) honey or maple

. In a bewort mix the marinade ingred and an atmetinatoe in protect refrigerator fo



. Preheat the barbecue to medium heat and oil the grill.

Carol-Ann Robert - Nutritionniste Diététiste à Halifax

Thread the fish and vegetables onto the skewers, alternating between them. Finish with a Registered Dietitian Nutritionist in Halifax lamon zact quarter