Fish, Corn, & Chorizo Grill Packets

Ingredients

1 tablespoon extra virgin olive oil, plus more for the grill

3 cups of organic, non-GMO corn (fresh or frozen)

4 ounces cured chorizo, thinly sliced

sea salt and black pepper

Emeril Fish & Seafood Rub

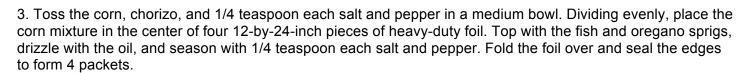
4 6-ounce skinless black bass, grouper, tilapia, or Pacific halibut fillets

8 sprigs fresh oregano, plus leaves for serving

lime wedges, for serving (optional)

Directions

- 1. Heat grill or a grill pan to medium. Once it is hot, clean the grill grate with a wire brush. Just before grilling, oil the grill grate or grill pan.
- 2. Season the fish filets with the fish rub, salt, & pepper.



4. Place the foil packets on the grill and cook, covered, until the fish is opaque throughout, 12 to 15 minutes. Carefully open the packets and transfer the fish and vegetables to a plate. Sprinkle with the oregano leaves and serve with the lime wedges, if desired.

We used black grouper for the recipe and believe me, when you open up that grill packet the aroma of the seasonings and the food all together is pretty incredible. Even better, it tastes even more delicious than it smells!

Spinach Salad

Ingredients

3 tablespoons of extra virgin olive oil

2 tablespoons of red wine vinegar

sea salt and black pepper to taste

6 cups of spinach

1/4 small red onion, thinly sliced

3 thick strips of organic bacon, chopped

2 hard boiled organic eggs, sliced

Directions

- 1. Whisk together the oil, vinegar, salt & pepper in a large bowl.
- 2. Add the spinach, onion, bacon & egg and toss to combine.

