

# 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.
3. Toss the corn, chorizo, and 1/4 teaspoon each salt and pepper in a medium bowl. Dividing evenly, place the corn mixture in the center of four 12-by-24-inch pieces of heavy-duty foil. Top with the fish and oregano sprigs, drizzle with the oil, and season with 1/4 teaspoon each salt and pepper. Fold the foil over and seal the edges to form 4 packets.
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.