

## Chilled Grouper Salad

### Ingredients

- 1/3 c Light Cottage Cheese
- 1/3 c Light Mayonnaise
- 3 tb Skim Milk
- 2 ts Horseradish
- 1 ts Lemon Juice
- 1/8 ts Lemon Pepper
- 1 c Water
- 1/2 c Chablis
- 1/2 ts Hot Sauce
- 1 md Onion, sliced
- 4 Strips Lemon Rind
- 1 lb Grouper Fillet
- 1/2 c Carrot, shredded
- 1/2 c Tomato, chopped
- 6 c Romaine, shredded

### Instructions

Process first 6 ingredients in the container of an electric blender or food processor until smooth, set aside. Combine water and next 4 ingredients in a large skillet; bring to a boil. Cover, reduce heat, and simmer 5 minutes. Add fillet; cover and simmer 20 minutes or until fish flakes easily when tested with a fork.

Gently remove fillet, and discard liquid. Cover and chill fillet 1 hour. Flake fillet with a fork; arrange fillet, carrot, and tomato on a lettuce-lined serving platter. Serve with Horseradish dressing.

*Courtesy of Meal-Master, Safeway Nutritional Awareness Programme*

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