



Dr. Misa

Easy Fish Recipes

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Salmon Chowder

4 servings

40 minutes

Ingredients

2 tbsps Coconut Oil
1 bulb Fennel (sliced)
2 cups Celery Root (peeled and cubed)
2 cups Rutabaga (peeled and cubed)
2 cups Chicken Broth
12 ozs Salmon Fillet
1 cup Canned Coconut Milk
1/4 tsp Sea Salt (or more to taste)
1/4 cup Parsley (chopped, optional garnish)

Nutrition

Amount per serving	
Calories	373
Fat	23g
Carbs	20g
Fiber	5g
Sugar	8g
Protein	21g
Sodium	781mg

Directions

- 1 In a large soup pot, melt the coconut oil over medium-low heat. Add the sliced fennel, celery root, and rutabaga. Cover and let cook for about 15 minutes, or until tender.
- 2 Add the chicken broth to small saucepan and place the salmon skin-side down into the broth. Bring to a simmer and poach the salmon for 5-10 minutes. Remove the salmon and set aside.
- 3 Add the chicken broth to the pot with the softened veggies and bring to a simmer. Let cook for 10 minutes, then use an immersion blender to blend about half the soup so the texture is still chunky.
- 4 Remove the skin from the salmon, and flake the fish into chunks. Add to the soup pot along with the coconut milk. Season to taste with sea salt.
- 5 To serve, divide between bowls and garnish with chopped parsley if desired. Enjoy!

Notes

Leftovers: Store covered in the fridge up to three days, or freeze it.

Serving Size: One serving is roughly 1 1/2 cups.

Vegan & Vegetarians: Skip the salmon and use cooked white beans instead. Use vegetable broth instead of chicken broth.



Creamy Dill Salmon

2 servings

20 minutes

Ingredients

2 tbsps Mayonnaise
2 tbsps Fresh Dill
1/8 tsp Sea Salt
10 ozs Salmon Fillet
2 tps Lemon Juice (optional)

Nutrition

Amount per serving	
Calories	296
Fat	19g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	28g
Sodium	298mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, combine the mayonnaise, dill and salt.
- 3 Arrange the salmon fillets on the prepared baking sheet and spread the creamy dill sauce evenly across the tops of the fish. Bake for 14 to 18 minutes or until the fish is cooked through and flakes easily.
- 4 Divide between plates and top with lemon juice, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Egg-Free: Use a vegan or egg-free mayonnaise instead.

More Flavor: Add garlic powder, onion powder or black pepper to the creamy dill sauce.

Serve it With: Cauliflower rice, quinoa, brown rice, roasted potatoes and veggies or salad.

Cooking Time: Cooking time will vary depending on the thickness of the salmon fillet.



Spiced Salmon Kabobs

4 servings

20 minutes

Ingredients

2 tbsps Parsley (chopped)
1 tbsp Sesame Seeds
1/2 tsp Black Pepper
1/2 tsp Sea Salt
1/2 tsp Red Pepper Flakes
2 tbsps Maple Syrup
2 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
1 1/4 lbs Salmon Fillet (sliced into 1 inch cubes)
2 Lemon (sliced into thin rounds)
8 Barbecue Skewers
6 cups Asparagus (woody ends trimmed off)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	348
Fat	17g
Carbs	17g
Fiber	5g
Sugar	10g
Protein	33g
Sodium	364mg

Directions

- 1 Preheat grill to medium heat.
- 2 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 3 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 4 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 5 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

Notes

Add Carbs: Serve with quinoa, brown rice or sweet potato.

Time Saver: Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.



Baked Lemon Cod

2 servings

20 minutes

Ingredients

2 tbsps Lemon Juice
2 tbsps Extra Virgin Olive Oil
1/4 cup Coconut Flour
1/2 tsp Oregano (dried)
1/2 tsp Thyme (dried)
1/4 tsp Sea Salt
2 Cod Fillet
2 Garlic (cloves, minced)
1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	380
Fat	17g
Carbs	11g
Fiber	6g
Sugar	1g
Protein	44g
Sodium	455mg

Directions

- 1 Preheat the oven to 400°F (204°C). In a small bowl, add lemon juice and extra virgin olive oil. On a small plate, add coconut flour, oregano, thyme and sea salt. Mix together.
- 2 Place the cod in the olive oil mixture and coat well. Then place in the flour mixture and ensure all sides are covered. Add minced garlic on top and place in a baking dish. Cook for 12 to 15 minutes, until the cod is cooked through and flaky.
- 3 Remove from the oven and top with chopped parsley. Serve with extra lemon on the side and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

No Coconut Flour: Use almond flour or all-purpose gluten-free flour instead of coconut flour.

More Flavor: Use additional spices such as paprika, cayenne or cumin.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.



Parchment Baked Haddock with Veggies

2 servings

35 minutes

Ingredients

2 cups Green Beans (trimmed)
1 Red Bell Pepper (thinly sliced)
3 stalks Green Onion (green parts only, chopped)
2 Haddock Fillet (5 ounces each)
1 tbsp Extra Virgin Olive Oil
1 Lemon (zested and juiced)
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1 tbsp Fresh Dill

Nutrition

Amount per serving	
Calories	260
Fat	8g
Carbs	14g
Fiber	4g
Sugar	7g
Protein	34g
Sodium	718mg

Directions

- 1 Preheat your oven to 400°F (204°C). Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 2 Divide the green beans, peppers and green onion equally between parchment pieces, placing the vegetables neatly on the right side of the parchment paper. Place one haddock fillet on top of each portion of vegetables.
- 3 Drizzle the olive oil, lemon juice and lemon zest over top of each fillet. Season each portion equally with salt, pepper and dill.
- 4 Fold the other side of the parchment paper over the fish and the veggies. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet.
- 5 Bake for 16 to 19 minutes, or until haddock flakes easily and is cooked through. (To check doneness, very carefully unfold one side of the parchment packet and check to see if the fish flakes with a fork. If it isn't done yet, fold it back up and continue baking.)
- 6 To serve, transfer the parchment to a plate and very carefully cut into the top of the packet. Enjoy!

Notes

No Haddock: Use cod fillets instead.

Safety First: The parchment packets will puff up with steam as they bake. Be very careful of escaping steam when cutting into the packets.

Leftovers: Keeps well in the fridge for 2 to 3 days.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces.



Almond Crusted Trout & Kale

2 servings

15 minutes

Ingredients

2 Rainbow Trout Fillet
1 1/2 tsps Dijon Mustard
2 tbsps Almond Flour
1/2 tsp Avocado Oil
4 cups Kale Leaves (stem removed, thinly sliced)
1 Garlic (clove, minced)
1 tbsp Lemon Juice
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	262
Fat	11g
Carbs	4g
Fiber	3g
Sugar	1g
Protein	35g
Sodium	261mg

Directions

- 1 Brush the flesh side of the trout fillet with mustard, and then dip the flesh side into the almond flour.
- 2 Heat a pan over medium heat and add the avocado oil. Once it is heated, place the trout flesh side down and cook for 3 minutes, then flip and cook for 3 to 4 minutes until cooked through. Remove and set aside.
- 3 In the same pan, add the kale leaves and garlic and cook until just wilted. Season with lemon juice. Serve alongside the trout and season with sea salt. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Fillet Size: One fillet is equal to 159g or 5.6oz.

Nut-Free: Use a gluten-free flour blend, coconut flour or cassava flour instead of almond flour.

More Flavor: Add additional spices or herbs, such as chives, parsley, dill, nutritional yeast or chili flakes.

More Fiber: Serve with your favorite roasted vegetables.

No Avocado Oil: Use extra virgin olive oil or coconut oil.

No Kale: Use swiss chard instead.



White Fish Dijonnaise

2 servings

15 minutes

Ingredients

- 1 1/2 tbsps Mayonnaise
- 1 tbsp Dijon Mustard
- 1/8 tsp Sea Salt
- 2 Haddock Fillet
- 2 tps Lemon Juice (optional)
- 1 tsp Fresh Dill (optional)

Nutrition

Amount per serving	
Calories	222
Fat	9g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	32g
Sodium	707mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a small mixing bowl combine the mayonnaise, Dijon mustard and sea salt to make the Dijonnaise sauce.
- 3 Pat the fillets dry with a paper towel then spread the Dijonnaise sauce generously on top of the fish. Bake for 6 to 9 minutes or until the fish is cooked through and flakes easily.
- 4 Sprinkle the lemon juice and fresh dill on top of the fillets, if using. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic powder or black pepper.

Serve it With: Cauliflower rice, quinoa, brown rice, roasted potatoes or salad.

No Haddock: Use another white fish instead, like cod, halibut or sea bass.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces. Cooking time will vary depending on the thickness of the fillet.



Fish Tacos with Pineapple Salsa

4 servings

30 minutes

Ingredients

4 Brown Rice Tortilla (thawed)
2 Tilapia Fillet
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 Lemon (juiced)
1 cup Baby Spinach
1/2 cup Pineapple (diced)
1/2 cup Red Onion (finely diced)
1 Jalapeno Pepper (deseeded and chopped)
1 Garlic (clove, minced)
1 Red Bell Pepper (diced)
1 Lime (juiced)
2 Avocado (peeled and mashed)
1 Tomato (diced)

Directions

- 1 Preheat the oven to 500°F (260°C) and move the rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minutes or until fish flakes with a fork.
- 2 Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- 3 Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
- 4 Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
- 5 Warm your tortillas and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowls with a spoon/fork in each. Happy fish taco night!

Nutrition

Amount per serving	
Calories	421
Fat	20g
Carbs	45g
Fiber	12g
Sugar	8g
Protein	18g
Sodium	228mg