



Potato Horseradish Crusted Mahi Mahi

Serves 4

Ingredients

- 1 cup precooked shredded potatoes
- 1 shallot, finely chopped
- 1 tablespoon prepared horseradish
- 1 teaspoon Dijon mustard
- 1/2 teaspoon garlic salt
- 1/4 teaspoon freshly ground pepper
- 1 1/4 pounds mahi-mahi, skin removed, cut into 4 portions
- 4 teaspoons reduced-fat mayonnaise
- 1 tablespoon canola oil
- 1 lemon, quartered

Directions

1. Combine potatoes, shallot, horseradish, mustard, garlic salt and pepper in a medium bowl. Spread each portion of fish with 1 teaspoon mayonnaise, then top with one-fourth of the potato mixture, pressing the mixture onto the fish.
2. Heat oil in a large nonstick skillet over medium-high heat. Carefully place the fish in the pan potato-side down and cook until crispy and browned, 4 to 5 minutes. Gently turn the fish over, reduce the heat to medium and continue cooking until the fish flakes easily with a fork, 4 to 5 minutes more. Serve with lemon wedges.