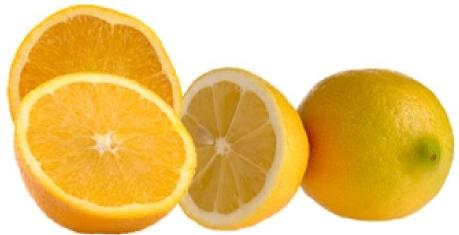
## **Orange or Lemon Glazed Orange Roughy BBQ Wrap**

## Ingredients

- 100 grams orange roughy fish
- 3 tablespoons orange juice (optional)
- 3 orange slices
- 1 tablespoon lemon juice
- 1 tablespoon green onion, minced
- Pinch of garlic powder
- Pinch of onion powder
- Stevia to taste
- Sea salt and fresh black pepper to taste

## Directions

- 1. Place fish on aluminum foil.
- 2. Baste with juice and spices.
- 3. Top with orange or lemon slices.
- 4. Wrap up and place on barbeque or in the stove at 350 degrees for 10-15 minutes until well cooked and fork tender.
- 5. Serve with juices and orange slices.
- 6. Sprinkle with parsley.





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Makes 1 serving

(1 protein, 1 fruit)
16 grams protein

1 gram fat 115 calories