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## Mackerel with Sizzled Garlic, Ginger and Tomatoes

### Ingredients

- 2 whole mackerel, cleaned (*ask fishmonger*)
- 2 tsp sunflower oil
- 1 tsp grated fresh ginger
- 2 garlic cloves, chopped
- 2 tsp red chilies
- 1 bunch of green onions sliced
- 1 C cherry tomatoes sliced in half
- 1 tsp rice vinegar
- 1 T soy sauce



### **Directions**

- Heat Grill on high, then grill fish for 3-5 minutes on each side. Remove.
- Heat Oil in sauté pan, add ginger, garlic, onions tomatoes, chilies for 2-3 minutes.
- Place fish on plate and cover with onion/tomato mixture. Enjoy!

### **Health Benefits:**

- **Mackerel:** is a great source of essential fatty acids, magnesium and B2 which are all critical manage inflammation caused by Lyme disease and other autoimmune disorders. These nutrients can help support cognitive functions and suppress joint pain. Serving Mackerel with the skin will increase a daily dose of EFAs.
- **Ginger:** is an ancient rhizome that has been used for thousands of years to aid gastrointestinal issues. It has over 400 compounds including oleic, capric and linoleic acids which are all essential fatty acids. It contains anti-inflammatory compounds called gingerols which support patients with multiple arthritis issues <sup>[Murray, 2005]</sup>.
- **Tomatoes:** Consume only organic tomatoes to insure they are free from pesticides and antibiotics. Tomatoes are high in lycopene which is great for eye sight. They have been shown to have antioxidants which can improve oxygen in the blood. However, replace with spinach if on an elimination diet and nightshade vegetables are prohibited. .

### **References:**

Murray, M., & Pizzorno, J. & Pizzorno, L. (2005). *The Encyclopedia of Healing Foods*. New York, NY: Atria Books.