# Greek-Style Mahi Mahi with Feta Yogurt Topping

*From a Phillis Carey cooking class, 2014*
*Internet Address:*




24 ounces mahi-mahi fillets (4 pieces,1 1/2 inches thick)

1/2 cup Greek yogurt, full-fat, or mayonnaise if preferred

1/4 cup feta cheese, crumbled

3 tablespoons fresh mint, chopped

2 tablespoons fresh dill, chopped

1 teaspoon lemon zest

1 tablespoon fresh lemon juice

8 slices lemon, sliced super thin

2 teaspoons extra-virgin olive oil

3 tablespoons Italian parsley, minced (garnish)

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

**Servings: 4**

Note: if you don't mind the extra calories, make a bit more of the sauce because the SAUCE is what makes this dish. Any extra can be dolloped on top of the rice.
1. Preheat broiler with rack in the lower third of the oven. Line the bottom of a broiler pan with foil and well oil the top. Set fish on pan and season with salt and pepper.
2. Whisk together yogurt, feta, herbs, and lemon zest and juice and spread over top of fish - reaching all the corners. Remove all seeds from the lemon slices, then place 2 lemon slices (slightly overlapping but as flat as you can make them) on center of each fillet. Drizzle lemon slices with 2 teaspoons oil.
3. Broil fish 8 inches from heat until just cooked through, 10 to 14 minutes, depending on the thickness of the fish. The lemon slices will get some burned marks. Serve with the lemon slices, although most people won't eat them. Garnish with finely minced Italian parsley, if desired.

Yield: 4 servings

Per Serving (excluding unknown items): 111 Calories; 8g Fat (46.6% calories from fat); 5g Protein; 15g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 120mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat.