

RECIPES FOR THE ROAD — SUMMER SERIES

FLORIDA GROUPER WITH CITRUS SALAD

RECIPE CREATED BY:
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INGREDIENTS (SERVES 4)

- 4 (6-ounce) Florida grouper fillets
- 3 Florida oranges, peeled, seeded and segmented
- 2 Florida grapefruits, peeled, seeded and segmented
- 1 tablespoon rice wine vinegar
- ¼ cup fresh flat leaf parsley, chopped
- 1 fennel bulb, thinly sliced
- ½ cup jicama, peeled and julienned
- 4 tablespoons olive oil, divided
- Sea salt and fresh ground pepper, to taste

PREPARATION

Combine the fennel, jicama, citrus segments, 2 tablespoons of olive oil, vinegar and parsley in a large bowl. Season with salt and pepper and mix thoroughly. Store in the refrigerator until ready to serve.

Preheat 2 tablespoons of oil in a large skillet over medium-high heat. Season grouper fillets with salt and pepper. Carefully place the fillets into pan and sear for two to three minutes per side or until completely done. Serve over chilled citrus salad.



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WHEN BUYING INGREDIENTS.



8 people die on Florida's roads **EVERY DAY** due to common mistakes behind the wheel. **YOU** can make a difference!

RECIPE FOR SAFE DRIVING

INGREDIENTS

(SERVES ALL ROAD USERS)

1 whole, undivided calm mind

1 well-maintained vehicle with functioning lights and signals

1 seatbelt per person, buckled

A dash of "Do Not Disturb" auto replies

Sprinkle of your favorite playlist

PREPARATION

1. Preheat by allowing **extra time** for your trip.
2. Fasten your **seatbelt**.
3. Set your phone on "**do not disturb**" mode.
4. Start your **favorite playlist** before you start your drive.
5. Give other drivers **space**.
6. Allow your drive to simmer **under the speed limit** while continually staying attentive to other road users.
7. Allow yourself to cool and **arrive at your destination safely**.
8. Serve with sides of **compassion for others**.



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