

# RECIPE OF THE WEEK: PALEO EDITION

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## Seafood “Enchiladas”

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### Ingredients:

1 medium onion, minced  
2 tbsp coconut oil  
2 cups tomato puree (you can make your own using 4 large tomatoes pureed in a food processor)  
4 garlic cloves, minced  
2 tbsp chili powder  
½ tsp cumin  
½ tsp dried oregano  
½ tsp sea salt  
1 lb seafood of choice (cod, shrimp, crab, etc.) or other protein like shredded chicken

### Instructions:

1. Preheat oven to 375
2. Sauté the onions in the coconut oil
3. Add the tomato puree, garlic, chili powder, cumin, oregano and salt. Mix well and let simmer for 20 mins, stirring often.
4. Pour the sauce into a food processor and process until smooth
5. Cover the bottom of a glass baking dish with the seafood. Pour the enchilada sauce over the seafood, cover tightly with aluminum foil and bake for 10-12 mins or until the seafood is cooked
6. Serve with sliced avocados, lime wedges, and cilantro.

[See the link for Coconut Wraps in the Newsletter! If you're feeling creative, you can make your own Coconut wraps \(PDF under the Recipe Downloads Tab on the AST website\)!](#)

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