

Lionfish

Pterois volitans

- Region of Origin:** The South Pacific and Indian Oceans (i.e., the Indo-Pacific region).
- Habitat:** Lionfish are found in almost all marine habitat types found in warm marine waters of the tropics.
- Current Range:** Indo-Pacific region, Atlantic Ocean's Southeastern US coastline, the Caribbean and Gulf of Mexico.
- Life Span:** 6 Years in the Wild



People have been dumping lionfish into the Atlantic for 25 years, and these voracious invaders are also abundant in the Caribbean and Gulf of Mexico. Since lionfish are not native to Atlantic waters, they have very few predators. They feed on native reef life such as small crustaceans and fish, including important commercial fish species such as snapper and grouper. Divers hunt them, conservation organizations host fishing competitions, and lobster fishermen trap them. But we can all help lessen their impact by eating them! They are delicious. Lionfish have a buttery mild flavor, and most flaky meat that allows these Omega-3 rich fish to be prepared in many exciting ways to please any palate.

Lionfish Flortentine

Recipe by Natalie Rubin

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|--------|------------------------|-----------|--------------------------|
| 1 Tbsp | Extra Virgin Olive Oil | 1 jar | Salsa of choice |
| 1 ea | Onion, large, chopped | 12 pcs | Kalamata Olives, chopped |
| 1 bag | Baby Spinach | To Taste: | Parmesan Cheese |
| 8 oz | Lionfish Fillets | | |

- In large saute pan (12"), heat olive oil
- Cook onion until translucent
- Add baby spinach
- Add lionfish fillets and close together
- Top with bruschetta or salsa
- Add chopped Kalamata olives
- Top with fresh grated parmesan cheese
- Cover and let cook on medium heat for 8-10 minutes until fish is flaky. Do not overcook.

