Recipe: Baked Mahi Mahi with Blueberry Beet Sauce & Mint

3 MIN READ

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SUPER
AGE

A heart-healthy dinner that’s simple enough for a Tuesday — and stunning enough for company.

If your cardiologist could write you a **prescription for dinner**, it might look something like this recipe for baked mahi mahi with blueberry beet sauce and mint. Every ingredient earns its place: omega-3-rich fish that actively lowers triglycerides and raises HDL; beets that dilate blood vessels and improve blood flow; garlic and shallots that chip away at LDL over time. The blueberry mint sauce ties it together with a concentrated hit of antioxidants that work directly against the arterial inflammation underlying most cardiovascular disease.

Eating for your heart doesn’t have to mean sacrificing flavor. Sometimes the most powerful medicine is made on a simple sheet pan, using a handful of fresh and enticing ingredients.

Why It Works

Mahi mahi is a rich source of omega-3 fatty acids, which helps **lower triglycerides** , reduce inflammation, and raise HDL (“good”) cholesterol — a trifecta for cardiovascular protection.

Lemon juice and zest are high in vitamin C and flavonoids, both of which support **arterial flexibility** and help counter oxidative stress, one of the key drivers of plaque buildup. The zest contains concentrated flavonoids not found in the juice, **including hesperidin**, which has been shown to support healthy blood pressure and cholesterol levels.

Olive oil is the cornerstone of the Mediterranean diet, loaded with monounsaturated fats and polyphenols that lower LDL cholesterol and **reduce inflammation** in artery walls.

Blueberries are among the most antioxidant-dense foods available, linked to **lower blood pressure**, reduced LDL oxidation, and improved arterial elasticity.

Apple cider vinegar has been shown to help **lower triglycerides**, weight, and blood pressure, and improve insulin sensitivity — all meaningful factors in long-term heart health.

Garlic and shallots are a longtime staple of heart-healthy eating. Garlic actively **lowers LDL** and total cholesterol while helping relax blood vessels and reduce clotting risk. Like garlic, shallots are rich in organosulfur compounds and quercetin, both of which have anti-inflammatory and cholesterol-lowering properties.

Beets are packed with dietary nitrates, which can help **dilate blood vessels** and lower blood pressure. Their **betalain pigments** fight the inflammation underlying cardiovascular disease.

Fresh mint is more than a garnish. It also contains **rosmarinic acid**, an antioxidant compound with anti-inflammatory properties that may support overall vascular health.

The Recipe: Baked Mahi Mahi with Blueberry Beet Sauce & Mint

Yield: 2 servings

- 2 4 oz. fresh mahi mahi filets
- 2 tbsp. lemon juice

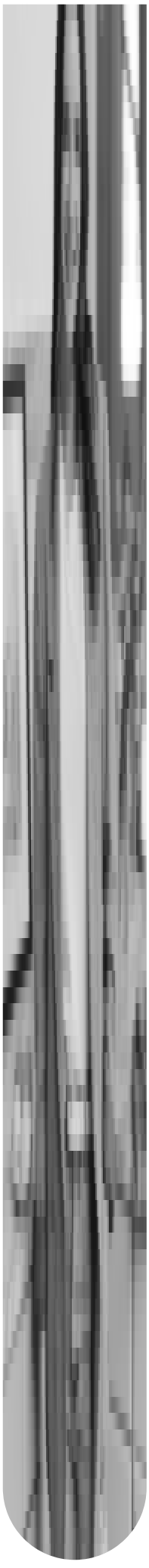
- 2 tsp. olive oil
- ? tsp salt
- ¼ tsp. pepper
- 1 cup fresh blueberries
- ¼ cup water
- 1 tbsp. apple cider vinegar
- 1 tsp. lemon zest
- 2 cloves garlic, minced
- 1 small shallot, thinly sliced
- ½ cup cooked beets, quartered into 2-inch pieces
- 1 tbsp. fresh mint to garnish

Directions:

1. Preheat the oven to 400 degrees F. Season mahi mahi with olive oil, lemon juice, and salt and pepper. Place on a parchment lined baking sheet and bake for about 15 minutes until the fish is opaque. Broil for 1-2 additional minutes if desired.
2. In a small saucepan over medium low heat, add blueberries, water, apple cider vinegar, shallot, and garlic. Stir together and gently mash the blueberries. Continue stirring until the sauce thickens. Add beets and stir together until combined.
3. Plate fish, top with blueberry beet sauce and fresh mint.

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