

Asian-Inspired White Fish

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Ingredients

3 garlic cloves, crushed

6 tablespoons lower sodium soy sauce

1 1/2 tablespoon toasted sesame oil

2 tablespoons rice vinegar

1 tablespoon grated ginger root (fresh or jarred)

1 tablespoon brown sugar

1/4 - 1/2 teaspoon red pepper flakes

24 ounces white fish such as snapper, grouper, barramundi or rockfish

1 ounce roasted Virginia peanuts, chopped



Instructions

1. Preheat the oven to 400°F.
2. To make the marinade, mix the first 7 ingredients (garlic through red pepper flakes) in a bowl. Reserve 4 tablespoons marinade to be used as a sauce.
3. Place the fish fillets and the remaining marinade in a plastic bag with a tight seal. Refrigerate and allow the fish to marinate for 30 minutes.
4. Remove the fish fillets from the plastic bag, discarding the bag and remaining contents. Place the fillets on a baking pan and bake until flakey, about 12 - 15 minutes or until the fish flakes easily with a fork.
5. Once done, serve over a bed of sautéed spinach. Drizzle with the reserved marinade and top with chopped peanuts.

Serves: 6

Nutrition: 180 calories; 6g fat; < 1g saturated fat; 0g trans fat; 7g carbohydrates; 695mg sodium; < 1g fiber; 25g protein; 55mg cholesterol