

## **Grilled Whitefish**

12 oz whitefish fillet  
2 tsp soy sauce (low sodium)  
1-2 tsp wasabi paste

Mix soy sauce, wasabi and in small cup or bowl. Rinse and pat fish fillet dry. Cut fillet into 2 pieces. Brush mixture onto whitefish. Spray food oil spray on to an aluminum foil sheet, wrap fish. Grill 5-6 minutes per side.

Excellent served with grilled asparagus spears, and baked or grilled sweet potato. Try sweet potato with a sprinkle of nutmeg and low fat margarine.

Per serving (6 oz): calories 305, protein 42 g, fat 12.8 g, carbohydrate 0 g, sodium 407 mg

Recipe courtesy of Judy Mouser