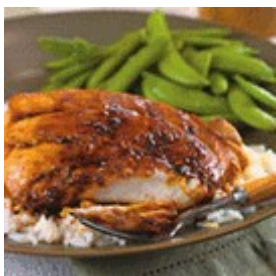


Ginger Glazed Mahi Mahi

14-Jan-2008



(BlackDoctor.org) -- This Ginger Glazed Mahi Mahi is bursting with flavor and combines both sweet and sour taste sensations. And it is a great source of protien.

PREP TIME 5 Min
COOK TIME 12 Min
READY IN 37 Min

Original recipe yield: 4 servings

INGREDIENTS

3 tablespoons honey
3 tablespoons soy sauce
3 tablespoons balsamic vinegar
1 teaspoon grated fresh ginger root
1 clove garlic, crushed or to taste
2 teaspoons olive oil
4 (6 ounce) mahi mahi fillets
salt and pepper to taste
1 tablespoon vegetable oil

DIRECTIONS

In a shallow glass dish, stir together the honey, soy sauce, balsamic vinegar, ginger, garlic and olive oil. Season fish fillets with salt and pepper, and place them into the dish. If the fillets have skin on them, place them skin side down. Cover, and refrigerate for 20 minutes to marinate.

Heat vegetable oil in a large skillet over medium-high heat. Remove fish from the dish, and reserve marinade. Fry fish for 4 to 6 minutes on each side, turning only once, until fish flakes easily with a fork. Remove fillets to a serving platter and keep warm.

Pour reserved marinade into the skillet, and heat over medium heat until the mixture reduces to a glaze consistently. Spoon glaze over fish, and serve immediately.

NUTRITION INFORMATION

Servings Per Recipe: 4

Amount Per Serving

Calories: 259
Total Fat: 7g
Cholesterol: 124mg
Sodium: 839mg

Total Carbs: 16.1g

Dietary Fiber: 0.2g

Protein: 32.2g