Miso White Fish

Ingredients:

- 1 tbsp miso paste
- 2 tbsp low-sodium soy sauce
- 2 tbsp Splenda brown sugar blend
- 1 tbsp sodium-free rice vinegar
- 4 fillets of white fish (try orange roughy, tilapia, halibut or cod)

Directions:

1. Combine first four ingredients in a bowl and mix into a paste.
2. Rinse and pat dry the fish filets.
3. Place fish on broiler pan with non stick spray or tin foil.
4. Spread paste mixture on top of the fish.
5. Broil on high for 7 minutes.
6. Serve with steamed bok choy, brown rice, and sprinkle with sesame seeds.

Nutrition Facts Per Serving
(Makes 4 servings)
Calories: 124.5
Fat: 2.5 g
Carbs: 2.5 g
Protein: 24 g