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HEALTHY RECIPES

May 26, 2007

Recipe: Mediterranean style grilled fish

Dietitian's tip: Instead of the usual breaded and fried fish, this fish is grilled, Mediterranean style. You may substitute swordfish, halibut, sea bass or any other whitefish, and the nutrients are similar.



SERVES 4

Ingredients

1 tablespoon minced garlic
 4 tablespoons chopped fresh basil
 1 tablespoon chopped fresh parsley
 2 tablespoons lemon juice
 4 cod fillets, each 6 ounces
 Cracked black pepper, to taste
 4 green olives, chopped
 4 thin slices lemon

Directions

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

In a small bowl, combine the minced garlic, basil, parsley and lemon juice.

Place aluminum foil on a baking sheet or a grill-pan designed for grilling seafood. Spray with cooking spray. Place fish on aluminum foil and spray with cooking spray. Top each fillet with equal amounts of the garlic mixture. Sprinkle with black pepper.

Grill over medium heat, turning once, until the fish is opaque throughout when tested with the tip of a knife, about 10 minutes.

Garnish with green olives and lemon slices. Serve on warmed plates.

Nutritional Analysis (per serving)

Serving size: 1 fillet

Calories	145	Cholesterol	75 mg
Protein	30 g	Sodium	175 mg
Carbohydrate	2 g	Fiber	trace
Total fat	2 g	Potassium	731 mg
Saturated fat	trace	Calcium	35 mg
Monounsaturated fat	0.5 g		

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By Mayo Clinic Staff
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