

Fish in Scallion and Ginger Sauce - from the South Beach Diet—feeds 2 (double and triple as needed)

- ⅓ cup dry sherry or vermouth
- 3 Tablespoons low-sodium soy sauce (or wheat-free tamari for those with a wheat allergy)
- 2 teaspoons sesame oil
- ¼ cup finely chopped green onion
- 1 teaspoon finely grated, fresh ginger
- 1 teaspoon finely chopped garlic
- 2 fish fillets, about 1 pound total

Preheat the oven to 400°F. Mix the sherry or vermouth, soy sauce, sesame oil, green onion, ginger, and garlic in a small bowl.

Place the fish in an ovenproof casserole dish. Pour the marinade over the fish and bake for 10-15 minutes, until the fish flakes easily.

NOTE: Use cod, orange roughy, sole, flounder ... any white fish. I think it would also be good on salmon!

Bon Appétit!