



## SAUTEED BASS WITH SHITAKE MUSHROOMS

Basic Lifestyle

### Ingredients

2 TSP Canola oil  
1/8 TSP salt  
1/8 TSP black pepper  
4 (6 oz.) Skinned bass fillets  
2 cups sliced shiitake mushroom caps  
1 TSP dark sesame oil  
2 TSP bottled ground fresh ginger  
1 TSP bottled minced garlic  
1 cup chopped green onions  
1/4 cup water  
1/4 cup low-sodium soy sauce\*  
1 TBS lemon juice

### Instructions

1. Heat canola oil in a large nonstick skillet over medium-high heat. Sprinkle salt and pepper over fish. Add fish to pan; cook 2-1/2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove fish from pan; cover and keep warm.
2. Add mushrooms and sesame oil to pan; sauté 2 minutes. Add ginger and garlic; sauté 1 minute. Add green onions and remaining ingredients to pan; sauté 2 minutes. Serve with fish.

**Portion-Per-Serving Information** (Yields 4 servings): Serving = 1 fillet + 1/4 cup sauce = 1 P, 1 V

\*Note: A great substitute for soy sauce is Bragg's Liquid Aminos. You can buy this at any good health food store or in the organic section of any major supermarket. Tastes just like soy sauce with less sodium.