



## SAUTEÉD SEA BASS w/SHIITAKE MUSHROOM SAUCE

Basic Lifestyle

### **INGREDIENTS**

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

### **INSTRUCTIONS**

—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.

—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.

**SERVING INFO:** (Yields 4 servings)

1 fillet + 1/4 cup sauce = 1 P, 1 V

---

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