

GRILLED FISH (SHARK) TERIYAKI

SOURCE: SEAFOOD: A COLLECTION OF HEART-HEALTHY RECIPES (J HARSILA & E HANSEN)

INGREDIENTS:

1 1/2 lb shark steaks (or other firm-flesh fish: tuna, swordfish, orange roughy, etc.)
1 can (20 oz) pineapple chunks, drained (juice reserved for marinade)

MARINADE:

3 TBS pineapple juice
3 TBS light soy sauce
2 TBS sherry
1 TBS fresh ginger, grated
1/2 tsp dry mustard
2 cloves garlic, minced
1 tsp brown sugar

2 green bell peppers, cubed
Raw carrots & French rolls

DIRECTIONS:

Place fish in covered 2-qt bowl - set aside. Drain pineapple, reserving 3 TBS of juice - set pineapple chunks aside.

To make marinade: in bowl, combine reserved juice, soy sauce, sherry, ginger, mustard, garlic & brown sugar - stir well - pour over fish, cover & marinate 1 hour in refrigerator, turning once.

Using bamboo or metal skewers, make kabobs by alternating pineapple & green pepper. Drain fish, reserving marinade. Place on lightly-oiled grate 4-5" from hot briquettes & cook 4-5 minutes (OR broil in oven). Baste with marinade & turn - cook 4-5 minutes more or till fish flakes when tested with a fork. Baste fruit & vegetable kabobs & place on grill (or in broiler) - cook 15-30 seconds on each side, or till just browned. Serve with raw carrots & celery & French roll.

Makes 4 servings

(per serving: 250 calories; 1.5g total fat; 625mg sodium)