

ORIENTAL STIR-FRY WITH ALBACORE TUNA

Source: Seafood - A Collection of Heart-Healthy Recipes (J. Harsila & E. Hansen)

INGREDIENTS:

1 lb fresh or frozen albacore tuna

Marinade:

1/2 C white wine

1 tsp ground or fresh ginger

1 tsp garlic powder OR 2 cloves garlic, minced

1/2 tsp onion powder

1/2 tsp pepper

2 tsp sugar

1 TBS sesame oil

1 TBS polyunsaturated margarine

2 C mushrooms, sliced

1/2 C celery, sliced on the diagonal

1/2 C green onion, chopped

1 C broccoli, sliced on the diagonal

Cooked brown rice

Fruit plate

DIRECTIONS:

Cut fish into 1" chunks.

To make marinade: combine wine, ginger, garlic, onion powder, pepper, sugar & sesame oil - marinate fish 15 minutes.

Melt margarine in wok or frying pan - add vegetables & cook till tender-crisp - add fish with marinade to vegetables & cook at medium heat till fish flakes - serve with brown rice & fresh fruit plate.

Makes 4 servings

[per serving: 200 calories; 8 g fat; 145 mg sodium; 50 mg cholesterol]