



Fish in Coconut Milk

Serves two

2 meaty white fish fillets such as Mahi-Mahi, Catfish or Cod
8 oz. coconut milk - or less
1 TBS sliced white onion
1 - 1/2 inch piece ginger - peeled and sliced thinly
1 TBS chopped tomato
1 TBS chopped scallion greens
1/2 tsp. salt

Place fish in a pan and add enough coconut milk to reach it half way. Add the onion and ginger. Bring the pot to a simmer and cook for about 10 minutes - until fish is cooked through.

Add the tomato and scallion. Bring back to a simmer and cook for about 30 seconds. Remove from heat and serve.

Serve with boiled sweet potatoes and lime wedges. Enjoy!

1 Mahi-Mahi Fillet - CALORIES 264.87; FAT 16.84 grs (sat 11.96; mono 0.57; poly 0.15); PROTEIN 22.45 grs ; FIBER 0.44 grs; CARBS 4.48 grs; CHOLESTEROL 82.50 mg; IRON 2.22 mg; SODIUM 692.50 mg; CALCIUM 13.64 mg