

Cancer Prevention and Wellness

Sea Bass with Citrus and Ginger

Makes 4 servings

½ cup	Pineapple juice	1 Tbsp.	Sesame oil
½ cup	Orange juice	4	6-ounce sea bass filets
¼ cup	Low sodium soy sauce or tamari		Salt and freshly ground black pepper
1 Tbsp.	Finely chopped ginger		

Mix the first 5 ingredients in a baking dish large enough to hold the bass in one layer. Add the fish; turn to coat. Cover and refrigerate for 1 hour, turning the fish once or twice during this period.

Season the bass filets with salt and pepper, and arrange them in one layer on the steamer tray. Spoon a tablespoon of marinade over each filet. Steam for 8 minutes, until the fish is just opaque in the center. Serve with the Steamed Brown Rice with Herbs and Golden Raisins (see MSK recipe).

Per serving:

Calories	Protein	Carbohydrates	Fat	Saturated Fat	Cholesterol	Fiber
212	32g	8g	5g	1g	70mg	5g

% of Calories: 15% Carbohydrate; 62% Protein; 23% Fat

Recipe by Laura Pensiero, RD

"Ask-the-Chef"- Go to www.mskcc.org and look under Wellness.

