

Low-Point Miso Glazed Sea Bass

Ingredients:

- 3 Tbs Mirin (sweetened Saki)*
- 2 1/2 Tbs yellow Miso (japanese soybean paste)**
- 1 1/2 Tbs brown sugar
- 1/2 Tbs soy sauce
- 1 Tbs chopped green onion (optional)
- 1 Tbs chopped fresh basil (optional)
- 2, 4 to 5 ounce sea bass fillets

Mix first four ingredients and spread in shallow glass baking dish. Add fish and turn to coat. (Although the recipe suggests this be chilled for 2 to 6 hours, I immediately cooked the fish after coating real well and it was still very flavorful.) Preheat broiler. Remove fish from marinade and transfer to a rimmed baking sheet. Broil fish for 3 to 4 minutes on each side (or until fish flakes with a fork). Sprinkle with green onions and basil if desired and serve.

* Mirin was easily found at my local grocery store

** Miso was not so easily found and can be purchased at Japanese markets, specialty food stores, or in the Asian food section of larger supermarkets (such as Dierberg's or Wegman's, for example).

Total servings - 2

Serving size - 1

Points per serving - 5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)