

Low-Point Ginger Glazed Mahi Mahi

Ingredients:

- 2, 5 oz. Mahi Mahi fillets
- 2 cloves garlic, minced
- 2 Tbs honey
- 1 tsp. ginger
- 2 tsp. Mirin (Sweetened Saki) or soy sauce
- 2 tsp. balsamic vinegar
- salt to taste

Spray a large skillet with non-stick cooking spray. Place over medium-high heat and add garlic. Sauté for a few minutes. In a small bowl, combine honey, ginger, Mirin, and balsamic vinegar. Coat fish with honey mixture and place in skillet. Pour the rest of the mixture on top. Sear fish for about three minutes on each side, sprinkle, with salt and enjoy!

Total servings - 2

Serving size - 1

Points per serving - 3.7

Points plus per serving - 3.8

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

"People may not always tell you how they feel, but they'll always show you. Pay attention." - Anonymous