
Index to Hawaii Medical Journal Volume 60, 2001

Compiled by Carolyn S.H. Ching and Marlene M.A. Cuenco of the Hawaii Medical Library

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American Heart Association
 Fighting Heart Disease and Stroke

Help Your Heart Recipes

This recipe is intended to be part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day — not for each food or recipe.

Ginger Broiled Fish

<p>Vegetable oil spray</p> <p>2 pounds fresh or frozen fish fillets or steaks, about $\frac{3}{4}$ inch thick</p> <p>$\frac{3}{4}$ cup dry white wine (regular or nonalcoholic)</p> <p>2 green onions (green and white parts), chopped</p>	<p>1 tablespoon light soy sauce</p> <p>2 teaspoons grated fresh gingerroot</p> <p>2 teaspoons prepared horseradish, drained</p> <p>1 teaspoon acceptable* vegetable oil</p>
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Preheat broiler. Lightly spray a broiler-proof baking dish with vegetable oil spray. Put dish under broiler for 1 to 2 minutes.
 Rinse fish and pat dry with paper towels. Cut fish into 8 equal portions. Arrange in a single layer in preheated dish.
 In a small bowl, combine remaining ingredients, stirring well. Pour over fish.
 Broil fish about 2 inches from heat for 5 to 6 minutes. Turn carefully and broil for 5 to 6 minutes, or until fish flakes easily when tested with a fork.
Serves 8.

*Use canola, safflower, soybean, sunflower, sesame, or olive oil.

Nutrient Analysis per Serving					
115 kcal	Calories	53 mg	Cholesterol	0 g	Saturated Fat
19 g	Protein	148 mg	Sodium	1 g	Polyunsaturated Fat
1 g	Carbohydrates	2 g	Total Fat	0 g	Monounsaturated Fat
0 g	Fiber				

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