



Halibut-Asparagus Stir-Fry



Betty Crocker's Heart Healthy Cookbook shares a recipe! Combining Asian flavors with meaty fish and tender-crisp veggies is a really good idea.

1 lb halibut, swordfish or tuna fillet, cut into 1-inch pieces
1 medium onion, thinly sliced

3 garlic cloves, finely chopped

1 teaspoon finely chopped gingerroot

1 box (10 oz) frozen asparagus cuts, thawed, drained

1 package (8 oz) sliced fresh mushrooms (3 cups)

1 medium tomato, cut into thin wedges

2 tablespoons reduced-sodium soy sauce

1 tablespoon lemon juice

Additional reduced-sodium soy sauce, if desired

1. Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat. Add fish, onion, garlic, gingerroot and asparagus; cook and stir 2 to 3 minutes or until fish almost flakes with fork.
2. Carefully stir in remaining ingredients. Cook until fish flakes easily with fork and mixture is thoroughly heated. Serve with additional soy sauce.

Makes 4 servings

Nutrition Information:

1 Serving (1 Serving) Calories 155 (Calories from Fat 20), Total Fat 2 g (Saturated Fat 0g, Cholesterol 60 mg, Sodium 370 mg, Total Carbohydrate 11 g (Dietary Fiber 3 g, Protein 25 g, **Percent Daily Value***: Calcium ; **Exchanges:** 2 Vegetable; 3 Very Lean Meat; *Percent Daily Values are based on a 2,000 calorie diet.

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