



Fish and Veggie Kebabs

Marinade:

- ½ cup dry white wine
- 3 Tablespoons. reduced sodium soy sauce
- 1 Tablespoon canola or olive oil
- 1 teaspoon minced garlic (1 large clove)

Kebabs:

- 1 pound firm fish (like tuna, cod, halibut, swordfish, catfish, haddock or monkfish), cut in 1-inch cubes
- 1 medium onion, peel removed and cut into quarters, layers separated
- 1 sweet green pepper, cut into 1 ½-inch pieces
- 1 sweet red pepper, cut into 1 ½-inch pieces
- 1 medium zucchini, sliced ¼-inch thick

- In a medium bowl, combine marinade ingredients. Add the fish and toss it in the marinade to coat well. Cover the bowl and refrigerate for at least 2 hours.
- Remove fish from the marinade, and save the marinade for basting during cooking. Put fish and vegetables onto 6 long skewers.
- Cook the kebabs on the grill or in the broiler. Turn several times, and baste with the marinade. Cook until fish is done, 10 to 15 minutes. Vegetables will be somewhat crunchy. Throw away any leftover marinade.
- Serve kebabs over brown rice

Recipe Adapted from Jane Brody's Good Food Gourmet

Nutrition Information (per Kebab):

Calories: 115
Total fat: 4g
Saturated fat: 1g
Carbohydrate: 5.5g
Fiber: 1.5g
Protein: 13g