

WHITE FISH WITH MISO SAUCE ... courtesy of Basha Gatiem

1 pound rock cod or any rather firm white fish

1 teaspoon red bean paste- Miso Paste

2 teaspoons soy sauce

1 tablespoon brown sugar

Mix all liquid ingredients together

Wash, salt and pepper fish

Place fish in ovenproof pan, which has been sprayed w/ Pam

Pour sauce mixture over fish

Bake in preheated oven at 350' for approx 20 minutes.

Fish is done when firm to the touch

Serve immediately

Very good with a side of rice and a pretty green veggie

Not high in calories either