

## Grilled Black Sea Bass Over Summer Vegetables with Japanese Dressing

(Makes 4 servings)

*Too hot to cook? Fire up the grill. This recipe from the Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook is a perfect quick summer meal featuring fresh corn.*

### **Ingredients:**

#### *Japanese Dressing*

- 1 ½ tablespoons canola oil
- ½ teaspoon grated or minced fresh ginger
- 1 teaspoon reduced-sodium soy sauce
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh orange juice
- 1 shallot, minced
- 1 garlic clove, minced
- 1 tablespoon rice wine vinegar
- ¼ teaspoon sesame oil
- ¼ teaspoon sugar substitute

#### *Non-Dressing*

- 2 cups fresh or frozen corn kernels
- ½ pound asparagus, tough ends removed
- Four 5-ounce black sea bass fillets, skinned and all pin bones removed
- 6 ounces mixed greens, washed, dried and refrigerated until ready to serve (about 6 cups)
- Pickled ginger, optional

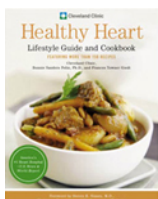
### **Directions:**

- 1) Light the grill or preheat the broiler.
- 2) Combine all of the dressing ingredients with 1 tablespoon water in a blender.
- 3) Bring a medium pot of water to a boil; add the corn and simmer for 2 minutes. Drain, refresh in cold water, and place in a salad bowl. Cook the asparagus in simmering water to cover until just tender, about 2 minutes for pencil-thin asparagus. Drain, refresh in cold water, and set aside.
- 4) Grill or broil the sea bass for about 6 minutes per side, turning once; use the tip of a sharp knife to test for doneness. The fish should be opaque in the center. Remove from the heat and allow to rest while you finish preparing the dish.
- 5) Add the greens to the salad bowl. Whisk the dressing for a few seconds and toss with the greens and corn. Divide among 4 plates, then decorate each serving with the reserved asparagus, forming a circle around the corn and greens. Top each plate with a piece of sea bass. Garnish with a twist of pickled ginger, if using.

### **Nutritional Analysis:** (per serving)

- Calories: 320 (25% calories from fat)
- Total Fat: 9 g
- Saturated Fat: 1.5 g
- Protein: 33 g
- Carbohydrates: 31 g
- Dietary Fiber: 5 g
- Cholesterol: 60 mg
- Sodium: 170 mg
- Potassium: 1,004 mg

### **Source:**



*This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).*

*The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.*