

# Baked Ginger Glazed Mahi Mahi

*This baked Mahi Mahi is a great meal for dinner or lunch. It's light, flaky taste will have your mouth watering. This delicious fish recipe combines both sweet and sour taste sensations with a wonderful spice kick from the ginger.*

Recipe Type: Fish and Shellfish, Main Dish, Seafood

Degree of Difficulty: Moderately difficult

## Ingredients

24 oz Mahi Mahi, cut into 4 filets  
3 Tbsp Honey  
3 Tbs Soy sauce  
3 Tbs Balsamic vinegar  
1 tsp Ginger root  
1 Garlic clove, crushed  
2 Tbsp Olive oil  
1 pinch Pinch of sea salt  
1 pinch Black pepper



## Directions

- 1 Season fillets with sea salt and ground pepper.
- 2 Place fillets, skin side down, in a glass dish.
- 3 Prepare marinade in a small glass dish using the honey, soy sauce, balsamic vinegar, ginger, garlic and 2 tsp extra virgin olive oil.
- 4 Pour marinade over fillets and cover.
- 5 Refrigerate for 20 minutes.
- 6 Preheat oven to 350 degrees.
- 7 Lightly spray a baking dish with cooking spray.
- 8 Remove fish from the dish, and reserve marinade.
- 9 Place marinated fillets into cooking dish and place in the oven.
- 10 Bake for approximately 5 – 7 minutes each side (covered) or until fish is flaky.
- 11 Take remaining marinade and heat in a skillet over medium heat.
- 12 When fish is done, spoon marinade over fillets and serve.

## Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Inactive Time: 20 minutes

Total Time: 40 minutes

## Nutrition Facts

Nutrition (per serving): 300 calories, 8.2g total fat, 1.3g saturated fat, 148.9mg cholesterol, 653.7mg sodium, 16.5g carbohydrates, <1g fiber, 15g sugar, 38.5g protein.

Servings: 4

Yield: Serves 4

## Weight Watchers Points

Note: The mahi mahi was not included in the calculation for the FreeStyle SmartPoints

Orig. WW Pts: 7

Points Plus: 7

Smart Points: 7

FreeStyle Smart Points: 6

### **Tips**

If you prefer, you can broil the fish instead of baking. The cooking time is about the same. Just watch it carefully to make sure you don't over cook it.

Web Page: <http://www.exercise4weightloss.com/baked-mahi-mahi.html>