

Teriyaki Fish

Servings per recipe: 1

Each serving counts as 1 protein

Ingredients

- 100 grams whitefish
- 2 Tbsp Braggs Liquid Aminos or low sodium soy sauce
- 1 Tbsp apple cider vinegar
- 2 cloves minced garlic
- 1 tsp ginger

Directions

1. Mix Bragg Liquid Aminos or low sodium soy sauce, apple cider vinegar, garlic, and ginger in a ziplock bag or dish with lid.

2. Place whitefish in marinade and coat.

3. Seal and refrigerate for 30 mins - 1 hr, turning once.

Marinate the fish in a ziplock bag. That way you can simply flip the bag over in the refrigerator one or two times while marinating. When it's finished marinating, simply cut off one corner of the bag and drain out the marinade and then it's much easier to pull the fish out & pat it slightly dry.

4. Discard marinade and pat fish slightly dry with a paper towel.

5. Grill 3-4 mins on the George Foreman Grill until fish flakes or you can broil for 5-10 mins depending on thickness of fish.

