



Fish Cardillo

HEALTHIER THAN TAKEOUT

This is delicious, low-cost recipe with low sodium ingredients.
Keep it low fat by not adding meat fat (lard) or other fat.

INGREDIENTS

- 1 pound red snapper
- 4 teaspoons corn oil for saute
- 1/4 cup flour
- 1 large onion, sliced
- 3 or 4 medium-sized tomatoes, chopped
- 1/2 cup egg whites, beaten
- 1/2 cup water
- a dash ground pepper
- 15 stalks green onions, chopped

NUTRITION INFORMATION

MAKES 6 SERVINGS

Each servings provides:

Calories: 170

Total Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 45 mg

Sodium: 115 mg

Total Fiber: 3 g

Protein: 20 g

Carbohydrates: 13 g

Potassium: 600 mg

1) Thoroughly clean the fish. Remove scale and gills, and wash thoroughly. Drain and set aside

2) Slice the raw fish into six pieces.

3) Heat corn oil in frying pan.

4) Place the flour into a bowl or a plastic bag. Place the raw fish in the flour and cover the outside of fish with flour.

5) Saute fish until golden brown. Set aside on top of a paper towel.

6) Saute onions and tomatoes. Add 1/2 cup of water.

7) Add the beaten egg whites and fish. Cover and let it simmer for 5-10 minutes.

8) Season with ground pepper.

9) Sprinkle with chopped green onions.