

## **Favorite Fish Marinade**

2 - 3 tablespoons sesame oil (or olive oil)

2 - 3 tablespoons balsamic vinegar

1 tablespoon lite soy sauce

Juice of 1 lemon

1 - 2 tablespoons Dijon mustard

3 - 4 cloves of garlic through a press

1/3 cup grated ginger

This marinade is perfect for salmon, tuna and swordfish. Combine all ingredients and marinate the fish for 1 – 2 hours before broiling, roasting or grilling. These quantities are sufficient for 2 pounds of fish.