



Marinated Grilled Fish

Ingredients

- 2 lbs. of fish fillets
- 1/3 cup soy sauce
- 1 tsp grated lemon rind
- 1/4 cup fresh lemon juice
- 2 Tbl. olive oil
- 2 cloves garlic, minced
- 2 tsp Dijon mustard
- 2 tsp sesame oil
- 1 Tbl fresh herbs: parsley, basil, rosemary, thyme

Directions

Whisk together ingredients and use to marinate fish and any veggies you care to grill. Grill fish and vegetables over medium heat until fish is flaky and vegetables are done.

Source: Norma Lefler, mother of MFC Marketing and Branding Coordinator Laura Kramar.