

Fish Cardillo Recipe

This is a delicious low-cost recipe with low-sodium ingredients. Keep this recipe lower in fat by not adding meat fat (lard) or other fat.

1 pound (½ kg)	red snapper
4 teaspoons	corn oil for saute
¼ cup	flour
1 large	onion, sliced
3 or 4	medium-sized tomatoes, chopped
½ cup	egg whites, beaten
½ cup	water
A dash	ground pepper
15 stalks	green onions, chopped

1. Clean fish very well. Remove scales 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 plastic bag. Place the raw fish in the flour and cover the outside of each fish with flour.
5. Saute fish until golden brown. Set aside on top of a paper towel.
6. Saute onion and tomatoes. Add ½ 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.

Quick Tip

This recipe is lower in salt and sodium than most because it uses:

- Fresh tomatoes instead of canned tomatoes
- Ground pepper and corn oil with no salt added
- Fresh onion and green onions
- Regular fish, not smoked or canned fish



Source: Philippine Heart Center's Healthy Heart Cookbook.

Yield: 6 servings	Serving size:
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