

Pesang Isda (Fish Simmered With Ginger and Tomatoes) Recipe

4 cups	water
1 cup	ripe tomatoes, chopped
¼ cup	fresh ginger, thinly sliced (about 2 inches long)
1 cup	white or yellow onions, thinly sliced (1 medium onion)
2 pounds	fleshy fish (cod fillet, halibut steak, or trout)
2 cups	<i>pechay</i> (bok choy) stems and leaves, cut up separately
½ teaspoon	salt
½ teaspoon	ground pepper
1 cup (about 1 large bunch)	green onions, cut 2 to 3 inches (6 medium)

Quick Facts

This main dish is heart healthy because:

1. It is made with fish and vegetables.
2. The fish is simmered in water, not fried.
3. No fat is added to the dish.
4. Flavoring is added with herbs and spices instead of sauces that are high in sodium.

1. In a 4-quart saucepan, simmer sliced ginger, tomatoes, and onions in 4 cups of water over medium heat until onions are tender (about 7 to 8 minutes).
2. Reduce heat to low, add fish, and poach gently until almost done (about 3 to 4 minutes).
3. Add *pechay* stems, salt, and ground pepper. Cook for 1 minute; then add *pechay* leaves and green onions. Cook another 30 seconds.
4. Serve immediately.

	Serving size: 3 ounces lean fish and ½ cup vegetables:
Yield: 6 servings	
Calories	160 kcal
Total Fat	2 g
Saturated Fat	0.5 g
Cholesterol	80 mg
Sodium	340 mg
Total Fiber	2 g
Protein	30 g
Carbohydrates	6 g
Potassium	630 mg

Source: Filipino American Food Practices, Customs, and Holidays, American Dietetic Association, 1994.