

**FISH IN GRAVY**  
**Fish Jhol, a dish of West Bengal**

**Ingredients:**

1 lb fish, cut in 4 steaks  
2 tsp turmeric  
½ tsp salt  
2 tsp cumin powder  
1 tsp chili powder  
1 cup plus 1 tbsp water  
2 tsp vegetable oil  
1 tsp cumin seeds  
1-2 green chilies, chopped  
1 tbsp chopped fresh cilantro

**Method:**

1. Rinse fish and sprinkle with 1 tsp turmeric and salt. Broil for 1 minute on both sides. Set aside.
2. Blend 1 tsp turmeric, cumin powder, and chili powder with 1 tbsp water to form paste. Set aside.
3. Heat oil in a large, nonstick frypan. Add cumin seeds; cook and stir for 1 minutes. Add paste; cook and stir for 1 minute. Add 1 cup of water. Cover; simmer 5 minutes.
4. Add fish. Cover; simmer for 5 to 10 minutes, until fish is cooked through.
5. To serve, mix in chilies and top with chopped cilantro.

**Yield:** 4 fish steaks in 2 cups gravy

**Serving size:** 1 fish steak with ½ cup gravy

**Servings per recipe:** 4 servings

**Exchanges:** Very lean meat 4, Fat ½

**Nutrient content per serving:**

Calories: 159

Fat: 5 g (47 Calories from fat)

Saturated fat: 1 g

Cholesterol: 37 mg

Sodium: 361 mg

Carbohydrate: 2 g

Dietary fiber: 0 g

Sugars: 1 g

Protein: 25 g

*Recipe by: American Dietetic Association  
American Diabetic Association*