

Broiled Sesame Fish

4 SERVINGS, ABOUT 2 OUNCES EACH



Ingredients:

- 1 pound cod fillets, fresh or frozen
- 1 tsp. canola oil
- 1 Tbsp. lemon juice
- 1 Tbsp. parsley or basil, chopped
- 1/8 tsp. salt
- Dash pepper
- 1 Tbsp. sesame seeds

Directions:

1. Thaw frozen fish in refrigerator overnight or defrost briefly in a microwave oven. Cut fish into 4 portions.
2. Place fish on a broiler pan lined with aluminum foil. Brush canola oil over fish.
3. Mix lemon juice, fresh basil, salt, and pepper. Pour over fish.
4. Sprinkle sesame seeds evenly over fish.
5. Broil until fish flakes easily when tested with a fork, about 12 minutes.
6. Garnish each serving with fresh parsley or basil.

Per Serving: 110 Calories; 3 grams Total fat; 155 mg Sodium
2 ounces = 2 protein ounces