

Dilled Fish Fillets

4 SERVINGS, ABOUT 3 OUNCES EACH



Ingredients:

1 pound frozen haddock or cod fillets

1 Tbsp. lemon juice

1/8 tsp. dried dill weed

1/8 tsp. salt

Dash of pepper

Directions:

1. Thaw frozen fish in refrigerator overnight or thaw in microwave oven. Separate into four fillets or pieces.
2. Place fish in heated frypan. Sprinkle with lemon juice and seasonings.
3. Cover and cook over moderate heat until fish flakes when tested with a fork, about 5 minutes.

Per Serving: 195 Calories; 1 gram Total fat; Trace Saturated fat; 147 mg Sodium
3 ounces = 3 protein ounces