

Seasoned Fish Fillets

Ingredients:

- 1 Tbsp canola or olive oil
- 1 Tbsp butter
- 4- 6 oz fish fillets (flounder, catfish, halibut, cod, snapper, salmon, tilapia, bass)
- 2 tsp chili powder
- 1 tsp sweet paprika
- ½ tsp marjoram or oregano
- ¼ tsp garlic or onion powder
- ¼ tsp black pepper
- 1/8 tsp salt
- 1 lemon, quartered

Directions:

1. Rinse fish with cold water and pat dry with paper towels.
2. Combine seasonings in jar or plastic bag and shake well to mix.
3. Rub spice mixture on both sides of fish.
4. In a heavy skillet, heat butter and oil over medium-high heat.
5. When butter is melted, add the fillets and cook 3-4 minutes per side, or until fish flakes easily when tested with a fork.
6. Squeeze a quarter of lemon onto each fillet and serve.

For Our Program:

Nutrition Information:

Servings = 4

Carbohydrates per serving = 1g