

Dilled Fish Fillets

Ingredients:

- 1 pound cod fillets
- 1 tablespoon lemon juice
- 1/8 teaspoon dill weed
- 1/8 teaspoon salt
- 1 dash black pepper

Equipment:

- Large non stick skillet with lid
or glass baking dish
- Measuring spoons
- Number of Servings: 4
- Prep Time: 10 minutes
- Total Time: 10 minutes

Directions

Microwave method:

1. Place fish in a glass-baking dish. Sprinkle with lemon juice and seasonings. Cover with wax paper.
2. Cook at "medium" power in the microwave for 3 minutes. Remove cover, turn fish over, and sprinkle with lemon juice and seasonings.
3. Cover and continue cooking at "medium" power for 3 minutes or until fish flakes with a fork.

Skillet method:

1. Separate into four fillets or pieces.
2. Heat non stick skillet on medium heat. Place fish in pan. Sprinkle with lemon juice and seasonings.
3. Cover and cook over moderate heat for three minutes, turn filets over with spatula. Sprinkle lemon juice and seasonings on fish and continue to cook until fish flakes when tested with a fork, about 4 minutes.

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Nutrition Facts

Serving Size: 1 fillet

Servings: 4

Amount Per Serving

Calories 98

Calories from Fat 9

%Daily Value*

Total Fat 1g 1%

Saturated Fat trace 1g 1%

Cholesterol 49mg 16%

Sodium 128mg 5%

Total Carbohydrate trace 1g 0%

Dietary Fiber trace 1g 0%

Protein 20g 40%

Vitamin A 1% Vitamin C 5%

Iron 3% Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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