



LEMON-ORANGE ORANGE ROUGHY

Basic Lifestyle

Ingredients

1 TBS olive oil
4 (5 ounce) fillets orange roughy
1 orange, juiced*
1 lemon (or lime), juiced*
1/2 TSP lemon pepper

Instructions

1. Heat oil in a large skillet over medium-high heat.
2. Arrange fillets in the skillet, and drizzle with orange juice and lemon juice.
3. Sprinkle with lemon pepper. Cook for 5 minutes, or until fish is easily flaked with a fork.

Portion-Per-Serving Information (Yields 4 servings)

Serving = 1 fillet = 1 PR

*Note: Using fresh-squeezed orange and lemon juice (lime is also very good) will reduce in the frying pan to form a wonderful subtle-flavored sauce. Try not to use store-bought orange juice because when reduced it tastes much too strong, almost like marmalade, and will take away from the natural flavor of the fish.