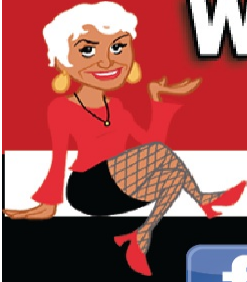


# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



*No one does what we do!*



[weightnomoredietcenter.com](http://weightnomoredietcenter.com)

WeightNoMoreDC



## **BAKED FISH WITH OLIVE CRUMB COATING**

Final Lifestyle

### **Ingredients**

6 red snapper or other lean white fish fillets (5 to 6 oz.)  
Cooking spray  
3 TBS lemon juice  
1/3 cup dry breadcrumbs  
1/3 cup chopped green olives  
1 TBS olive oil  
2 TSP dried oregano  
1 TSP bottled minced garlic  
1/4 TSP white pepper  
1 (2-1/4 oz.) can chopped ripe olives, drained  
6 lemon wedges

### **Instructions**

1. Preheat oven to 450°.
2. Arrange fish in a 13 x 9-inch baking dish coated with cooking spray; sprinkle with lemon juice.
3. Combine the breadcrumbs and the next 6 ingredients (breadcrumbs through ripe olives); stir until moist.
4. Spread the olive mixture evenly over fillets, pressing firmly to coat. Bake at 450° for 12 minutes or until fish flakes easily when tested with a fork. Serve fish with lemon wedges.

**Portion-Per-Serving Information:** (Yields 6 servings)

Serving = 1 fillet = 1 P, 1/2 FT