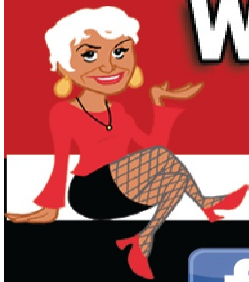


# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



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## BLACKENED GROUPER

Basic Lifestyle

### Ingredients

#### For the fish

10 (6 oz.) grouper fillets  
1/4 cup Cajun Spice Mix  
5 TSP canola oil, divided  
5 TSP low-fat butter, divided  
10 lemon wedges

#### For the Cajun Spice Mix

3 TBS paprika  
2 TBS ground red pepper  
2 TBS dried thyme  
2 TBS dried oregano  
2 TBS onion powder

2 TBS garlic powder  
1 TBS kosher salt  
1 TBS black pepper  
1 TBS Splenda

### Instructions

1. For the Cajun Spice Mix - Combine all ingredients in a small bowl.
2. Rub each side of fillets with the Mix.
3. Heat 2-1/2 TSP oil and 2-1/2 TSP butter in a large nonstick skillet over medium-high heat.
4. Add 5 fillets; cook for 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
5. Repeat procedure with remaining oil, butter and fillets. Serve with lemon wedges.

**Portion-Per-Serving Information:** (Yields 10 servings)

Serving = 1 fillet + 1 lemon wedge = 1 P