



LEMON RED SNAPPER W/HERBED BUTTER

Basic Lifestyle

INGREDIENTS

2 lemons
Cooking spray
4 (6-ounce) red snapper or other firm white fish fillets
¼ TSP salt
¼ TSP paprika
¼ TSP black pepper
2 TBS butter, softened
1 ½ TSP chopped fresh herbs (such as rosemary, thyme, basil, or parsley)
Fresh herb sprigs (optional)

INSTRUCTIONS

—Preheat oven to 425°.

—Cut 1 lemon into 8 slices. Place slices, in pairs, on a rimmed baking sheet coated with cooking spray. Grate remaining lemon to get 1 TSP lemon rind; set aside. Reserve lemon for another use.

—Place 1 fillet on top of each pair of lemon slices. Combine salt, paprika, and pepper; sprinkle evenly over fish. Bake at 425° for 13 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

—While fish bakes, combine reserved lemon rind, butter, and herbs in a small bowl.

—Place fish and lemon slices on individual serving plates; top each fillet with herbed butter, spreading to melt, if desired. Garnish with herb sprigs, if desired.

SERVING INFO: (Yields 4 servings)

1 fillet + about 1 1/2 TSP herbed butter = 1 P, ½ FT