



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

*No one does what we do!*

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

    

## **BROWND BUTTER FLOUNDER WITH LEMON SNAP PEAS**

**Final Lifestyle**

### **Ingredients**

4 (6-ounce) flounder fillets	1 TBS chopped fresh flat-leaf parsley
1/2 TSP freshly ground black pepper	5 TSP fresh lemon juice, divided
1/8 TSP kosher salt	8 ounces sugar snap peas, trimmed
3 TBS all-purpose flour	1-1/2 tablespoons chopped fresh mint
4 TSP canola oil, divided	1 TSP grated lemon rind
2 TBS unsalted butter, diced	

### **Instructions**

1. Sprinkle fish evenly with pepper and salt. Place flour in a shallow dish; dredge fish in flour.
2. Heat a large nonstick skillet over medium-high heat. Add 1 TBS oil to pan; swirl to coat. Add fish to pan; cook 3 minutes on each side or until fish flakes easily with a fork. Remove fish from pan; keep warm.
3. Return pan to medium heat. Add butter; cook 45 seconds or until butter begins to brown. Remove pan from heat; stir in parsley and 1 TBS lemon juice. Place butter mixture in a small bowl.
4. Return pan to medium-high heat. Add remaining 1 TSP oil to pan; swirl to coat. Add snap peas; sauté 3 minutes or just until crisp-tender. Stir in remaining 2 TSP lemon juice, mint, and rind. Drizzle browned butter mixture evenly over fish. Serve with snap peas.

**Portion-Per-Serving Information:** (Yields 4 servings)

1 serving = 1 fillet + 2 TSP sauce + 2/3 cup snap peas = 1 P, 1 V