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**SEA BASS CRUSTED WITH MOROCCAN SPICES**

Intermediate Lifestyle

**Ingredients**

**MARINADE**

- 1/4 cup fresh lemon juice
- 1 TBS minced fresh cilantro
- 1 TSP ground cumin
- 1/4 TSP crushed red pepper
- 3 garlic cloves, crushed
- 4 (6 oz.) sea bass fillets (about 1" thick)

**SPICE RUB**

- 2 TBS ground coriander
- 2 TSP freshly ground black pepper
- 1 TSP caraway seeds
- 1 TSP ground cumin
- 1 TSP paprika
- 1/4 TSP Morton's "lite" salt

**REMAINING INGREDIENTS**

- 1 TBS olive oil
- lemon wedges (optional)
- cilantro sprigs (optional)

**Instructions**

1. To prepare marinade, combine first 5 ingredients in a large zip-top plastic bag. Add fish to bag. Seal and marinate in refrigerator 45 minutes. Remove fish from bag. Discard marinade.
2. To prepare spice rub, combine coriander and the next 5 ingredients (coriander through salt) in a medium bowl. Rub fish with spice mixture to coat.
3. Heat the oil in a large nonstick skillet over medium heat. Add the fish. Cook 6 minutes on each side or until the fish flakes easily when tested with a fork. Garnish with lemon wedges and cilantro, if desired.

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

Serving = 1 sea bass fillet = 1 PR, 1/2 FT