

Onion-Lemon Fish

Ingredients:

2 medium onions, thinly sliced
1 large lemon, thinly sliced
1/2 cup white wine
small bay leaf
1/2 tsp whole peppercorns
1 cup water
1 1/2 pounds fish fillets

Combine all the ingredients, except the fish fillets, in a large skillet and gently simmer for 10 minutes. Add the fish. Cover and continue to cook 10 minutes longer.

Makes 6 servings

Nutrients Per Serving:

102 Calories
1 g Fat
3 g Carbohydrates
1g Fiber