

Microwave Lemony Halibut

Ingredients:

1 ¼ Pounds halibut or haddock fillets

Juice of 2 lemons

Dash of dill weed

Paprika

Pepper

Parsley sprigs for garnish

Directions:

Rinse and pat dry fish and arrange in a 2-quart oblong glass baking dish. Spoon lemon juice over fish and dust fillets with dill weed, paprika, and pepper. Cover with vented plastic wrap, and microwave on high for 2 minutes. Fish is done if it flakes easily when pierced with fork. Garnish with a few parsley sprigs.

** Any fish fillet can be used for this recipe

Serves 4

Per serving:

Calories: 163

Fat: 4 grams