

I ILLINOIS EXTENSION

Dilled Fish Fillets

(serves 4)

Try this fish with asparagus and a pasta salad for a light meal.

Ingredients

1 lb. frozen haddock or cod fillets, thawed
1 tablespoon lemon juice
1/8 teaspoon dried dill weed
1/8 teaspoon salt
dash of black pepper



Directions

1. Wash hands.
2. Put frozen fish in refrigerator overnight or thaw in microwave oven and separate into four pieces.
3. **STOVETOP METHOD:** Spray frying pan with non-stick cooking spray. Place thawed fish in heated frying pan. Sprinkle fish with lemon juice and seasonings. Cook covered over medium heat until fish flakes when tested with a fork, about 5 minutes.
4. **MICROWAVE METHOD:** Spray a glass baking dish with non-stick cooking spray. Place fish in dish and cover dish with wax paper. Cook at medium power for 3 minutes. Remove wax paper, turn fish over, and sprinkle with lemon juice and seasonings. Cover and continue cooking at medium power for 3 minutes or until fish flakes with a fork.

Nutrition Facts per serving: 80 calories, 0g fat, 420mg sodium, 0g carbohydrate, 0g fiber, 17g protein

Recipe by Eat.Move.Save. Illinois Nutrition Education Programs, University of Illinois Extension

The University of Illinois Extension Nutrition & Wellness program encourages individuals, families and communities to live healthier through in-person classes or online. Learn about managing diabetes and heart disease, safely preserving foods, being food-safe at home and making healthier choices when shopping, cooking and meal planning. More information is available at go.illinois.edu/dmp or find us on Facebook or Twitter @uie_DMP