

## **Lemon-Dill Fish Fillets**

4 (4-ounce) orange roughy or other firm white fish fillets  
Vegetable cooking spray  
¼ teaspoon salt  
½ cup Lemon-Dill Coating (see recipe below)  
Lemon wedges (optional)

Coat both sides of fish with cooking spray; sprinkle with salt. Place Lemon-Dill Coating in a shallow dish; dredge fish in coating. Place fish in an 11x7x2-inch baking dish coated with cooking spray. Bake at 400 degrees for 15 minutes or until fish flakes easily when tested with a fork. Serve with lemon wedges, if desired.

## **Lemon-Dill Coating**

2 cups finely crushed plain Melba toast rounds  
2 tablespoons paprika  
2 tablespoons grated lemon rind  
1 tablespoon plus 1 teaspoon dried dillweed  
1 ½ teaspoons dry mustard

Combine all ingredients in a large heavy-duty, zip-top plastic bag; seal bag, and shake well. Store, tightly sealed, in refrigerator; shake well before each use. Use to coat fish or chicken. Yield 2 cups.

**Serves 4.** *Per serving: 125 calories, 2 grams fat, 8 grams carbohydrate, 307 grams sodium, 23 mg cholesterol, .2 grams fiber.*

From *Cooking Light Five Star Recipes: The Best of 10 Years*, our “Cookbook of the Quarter.” It is available at Barnes & Nobles discounted 20% through December.

Here’s a healthful addition to your holiday menu. Fish is high in protein, low in calories, and has those miraculous omega-3 fatty acids. In general the more fatty the fish the more omega-3s it tends to contain.

Feel free to substitute extra-virgin olive oil for the cooking spray. For more fiber choose whole grain Melba toast or whole wheat bread crumbs work fine also. Note that the recipe calls for only ½ cup of the 2 cups of coating - prepare this dish several more times or use the coating on chicken.

Happy Holidays and Eat Well. Your Partners in Health,  
**Candace and Lesley**