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Skillet Fish with Lemon Tarragon Butter

by the Editors of Publications International, Ltd.

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Skillet Fish with Lemon Tarragon "Butter"

YIELD: Makes 2 servings
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INGREDIENTS:

2

teaspoons reduced-fat margarine

4

teaspoons lemon juice, divided

1/2

teaspoon grated lemon peel

1/4

teaspoon prepared mustard

1/4

teaspoon dried tarragon leaves

1/8

teaspoon salt

Nonstick cooking spray

2

lean white fish fillets (4 ounces each),*
rinsed and patted dry

1/4

teaspoon paprika

PREPARATION:

1. Combine margarine, 2 teaspoons lemon juice, lemon peel, mustard, tarragon and salt in small bowl. Blend well with fork; set aside.

2. Coat 12-inch nonstick skillet with cooking spray. Heat over medium heat until hot.

3. Drizzle fillets with remaining 2 teaspoons lemon juice. Sprinkle one side of each fillet with paprika. Place fillets in skillet, paprika side down; cook 3 minutes. Gently turn and cook 3 minutes longer or until opaque in center and flakes easily when tested with fork. Place fillets on serving plates; top with margarine mixture.

NUTRITIONAL INFORMATION:		DIETARY EXCHANGE:
Serving Size: 1/2 of total recipe		Meat 3
Fiber	<1 g	
Carbohydrate	1 g	
Cholesterol	60 mg	
Saturated Fat	1 g	
Total Fat	3 g	
Calories from Fat	24 %	
Calories	125	
Protein	22 g	
Sodium	291 mg	

This recipe appears in: [Fish](#)

6/17/2009

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