

Broiled Red Snapper with Ginger-Lime Butter

from **CookingLight**

Serve with long-grain rice tossed with green onions. Use the spicy herbed butter on shrimp, lobster, sautéed chicken, or beef, as well.



Randy Mayor; Melanie J. Clarke

1 1/2 tablespoons butter, softened
1 tablespoon chopped fresh cilantro
1 teaspoon minced seeded jalapeño pepper
1/2 teaspoon grated lime rind
1/4 teaspoon bottled fresh ground ginger (such as Spice World)
3/4 teaspoon salt, divided
4 (6-ounce) red snapper or other firm white fish fillets
1/4 teaspoon black pepper
Cooking spray
Lime wedges (optional)

Combine first 5 ingredients in a bowl. Stir in 1/4 teaspoon salt. Cover and chill.

Heat a large nonstick skillet over medium-high heat. Sprinkle both sides of fish with the remaining 1/2 teaspoon salt and black pepper. Coat pan with cooking spray. Add fish to pan; cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Place 1 fillet on each of 4 plates, and top each serving with 1 1/2 teaspoons butter mixture. Serve with lime wedges, if desired.

Yield: 4 servings

CALORIES 202 (29% from fat); FAT 6.5g (sat 3.2g,mono 1.5g,poly 0.9g); IRON 0.3mg;
CHOLESTEROL 71mg; CALCIUM 53mg; CARBOHYDRATE 0.2g; SODIUM 546mg; PROTEIN
33.6g; FIBER 0.1g

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