**Broiled Red Snapper with Ginger  
Yield:** 4 servings

**Ingredients**

* 1 tablespoon  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)
* 1/2  teaspoon  salt, divided
* 4  (6-ounce) red snapper or other firm white fish fillets
* 1/4  teaspoon  black pepper
* Cooking spray
* Lime wedges (optional)

**Preparation**

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.

**Nutritional Information: Calories 172, Fat 5 g, Protein 30 g, Carbs .2 g, Cholesterol 61 mg, Sodium 376 mg**