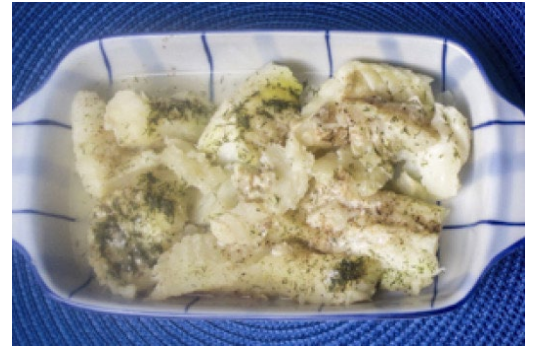


Dilled Fish Fillets

Serves: 4

Ingredients

- 1 pound frozen haddock or cod fillets
- 1 tablespoon lemon juice
- 1/8 teaspoon dried dill weed
- 1/8 teaspoon salt
- black pepper (optional)



Directions

Microwave Method:

1. Wash hands with soap and water.
2. Thaw frozen fish in refrigerator overnight or thaw in microwave oven. Then, separate into 4 fillets or pieces
3. Place fish in a glass-baking dish. Cover with wax paper.
4. Wash hands with soap and water again after touching the raw fish.
5. Cook at "medium" power in the microwave for 3 minutes. Remove cover, turn fish over, and sprinkle with lemon juice and seasonings.
6. Cover and continue cooking at "medium" power for 3 minutes or until the fish reaches an internal temperature of 145 °F.

Skillet method:

1. Wash hands with soap and water.
2. Separate into four fillets or pieces.
3. Place fish in heated fry pan. Sprinkle with lemon juice and seasonings.
4. Wash hands with soap and water again, after touching the raw fish.
5. Cover and cook over moderate heat until the fish reaches an internal temperature of 145 °F, about 5 minutes.

Source: *Microwave Recipes* University of Illinois Extension Service – MyPlate Kitchen
<https://www.myplate.gov/recipes/dilled-fish-fillets>

Nutrition Facts: 1 - 4 oz piece of fish; ¼ of recipe provides 73 Calories, 0g Total Fat, 0g Saturated Fat, 396 mg Sodium, 0 g Total Carbohydrate, 0 g Dietary Fiber, 16 g Protein



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