

## **Ingredients:**

12 oz	Fish fillet, like salmon, halibut or mackerel	360 g
3 Tbsp	Fresh dill, chopped	45 mL
1 Tbsp	Lemon juice	15 mL
1 Tbsp	Non-hydrogenated margarine, melted	15 mL

## **Directions:**

- 1. Mix together dill, lemon juice and margarine. Brush on fillet.
- 2. Place fish in 9 inch (2.5 L) baking dish and pour remaining sauce over fish.
- 3. Bake at 325°F (160°C) until fish is no longer transparent and flakes easily with a fork.

Makes 4 servings (175 mL / <sup>3</sup>/<sub>4</sub> cup / 93 g)

Nutrition Facts Per One Serving (175 mL / ¾ cup / 93 g)				
Calories	150	kcals		
Carbohydrates	0	g		
Fibre	0	g		
Protein	17	g		
Fat	8	g		
Sodium	75	mg		
Potassium	425	mg		
Phosphorus	171	mg		

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