

Lemon Dill Fish

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 / $\frac{3}{4}$ cup / 93 g)

Nutrition Facts Per One Serving (175 mL / $\frac{3}{4}$ cup / 93 g)		
Calories	150	kcal
Carbohydrates	0	g
Fibre	0	g
Protein	17	g
Fat	8	g
Sodium	75	mg
Potassium	425	mg
Phosphorus	171	mg