

Simple Snapper Creole

This simple fish dish, using a mild-tasting snapper, is prepared with onions, garlic and celery to create a delicious Creole-inspired dinner that can be served over quick brown rice for an easy meal.

Ingredients

- 1 T trans-fat-free spread
- 1 T olive oil
- 2 cloves minced garlic
- 1/4 tsp cayenne pepper
- 1/2 tsp paprika
- 1 onion, chopped
- 2 stalks celery, chopped
- 4 red snapper fillets (4 oz. to 5 oz. each)
- 2 T chopped fresh parsley

Directions

In a nonstick skillet, melt spread and olive oil and stir in garlic, cayenne and paprika. Add onion and celery and sauté until soft, 3 to 4 minutes. Add fish fillets and cook until fish flakes, about 5 to 7 minutes. Place fish on a platter and pour pan juices over fish. Top with parsley.



Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 194

Fat 7g

Saturated Fat 0.5g

Cholesterol 77mg

Sodium 160mg

Carbohydrate 3g

Dietary Fiber 0.9g

Protein 28g

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