

Baked Red Snapper with Herbed Butter

INGREDIENTS

- 4 (6-oz) Louisiana red snapper or other firm white fish filets
- 2 lemons
- Cooking spray
- ¼ tsp salt
- ¼ tsp paprika
- ¼ tsp black pepper
- 2 Tbsp butter, softened
- 1 ½ tsp chopped fresh herbs (such as rosemary, thyme, basil, or parsley)
- Fresh herb sprigs, for garnish

DIRECTIONS

1. Preheat the oven to 425 degrees.
2. Cut 1 lemon into 8 slices. Place slices, in pairs, on a rimmed baking sheet coated with cooking spray.
3. Grate remaining lemon to get 1 teaspoon lemon rind; set aside. Reserve lemon for another use.
4. Place 1 fillet on top of each pair of lemon slices.
5. Combine salt, paprika, and pepper; sprinkle evenly over fish.
6. Bake at 425° for 13 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
7. While fish bakes, combine reserved lemon rind, butter, and herbs in a small bowl.
8. Place fish and lemon slices on individual serving plates; top each fillet with herbed butter, spreading to melt. Garnish with herb sprigs.



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HEALTHY SWAPS

- **Lower Fat:** Recipe is lower in fat as is. However, using olive or avocado oil increases heart-healthy monounsaturated fat to 5g. Also, reduces saturated fat to 1g, reduces cholesterol to 80mg, and reduces sodium to 246mg.
- **Lower Carbohydrate:** Recipe is lower in carbohydrates as is.
- **Lower Sodium:** Recipe is lower sodium as-is. Omitting salt and using unsalted butter reduces sodium to 102mg.
- **Dairy-free:** Substitute olive or avocado oil for butter. Increases heart-healthy monounsaturated fat to 5g. Also, reduces saturated fat to 1g, reduces cholesterol to 80mg, and reduces sodium to 246mg.
- **Gluten-free:** Recipe is gluten-free as is.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		4 servings per container	Total Fat 6g	8%	Total Carbohydrate 6g
Serving size 1 filet	Saturated Fat 4g	20%	Dietary Fiber 1g	4%	
Calories per serving	Trans Fat 0g		Total Sugars 1g		
	Cholesterol 95mg	32%	Includes 0g Added Sugars	0%	
300	Sodium 290mg	13%	Protein 45g	90%	
	Vitamin D 0mcg	0%	• Calcium 14mg	2%	
	Potassium 68mg	2%	• Iron 0mg	0%	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.