

Broiled Orange Roughy

Prep - 30 min.

Serves 4

Let's face it, who wants to cook on Friday night? (And it's time you had a break from pizza!) This meal comes together so fast—you won't even know you cooked!

Menu

Broiled Orange Roughy
Vegetable Medley
Baked Potatoes
5 Gingersnaps

Turn broiler on. Position oven rack 6" from heating element. Don't forget to leave oven door ajar.

4 sweet potatoes or baking potatoes
Scrub thoroughly and pierce each potato 3 or 4 times with a fork. Wrap in a damp paper towel. Microwave on high 8 minutes. Test doneness by piercing with a fork. Cook longer if necessary.

1/2 head cauliflower
1/2 head broccoli
8 baby carrots
Clean and cut into pieces or save time and use frozen. Place in a steamer on top of the stove to cook for 8 to 10 minutes.

4 (4 oz each) fresh or frozen fish fillets (thin fillets of orange roughy)
1 lemon, quartered
Place fresh or frozen fillets on broiling pan. (No need to defrost.) Squeeze 1/4 of the lemon over each fillet.

dash paprika
dash dried dill or oregano
Sprinkle as much as you wish over each fillet. Broil until cooked through, 8 to 12 minutes. Place potatoes and vegetables on table and serve fish.

Since this is a low-calorie meal, feel free to satisfy your sweet tooth with 5 gingersnap cookies.

Note: Fish will not need to be turned to cook all the way through if fillets are thin. Fish is done when it flakes easily with a fork.

Nutrition information for 1 fish fillet, 1 potato, 1 cup vegetables

Exchange Values: 3 Starch 3 Meat 3 Veg.

Calories	325	Fat	1.5 g	Fiber	10 g	Sodium	137 mg	Total Carbohydrate	57 g
Calories from Fat	4%	Saturated Fat	0 g	Cholesterol	23 mg	Protein	23 g	Sugars	27 g

30-Minute Meals

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