

HERB-CRUSTED RED SNAPPER

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1/2 C chopped flat-leaf parsley
1/4 C dry white wine
3 TBS plain dried bread crumbs
2 tsp grated lemon zest
2 TBS fresh lemon juice
1 TBS minced fresh oregano (or 1/2 tsp dried)
1 TBS minced fresh thyme (or 1/2 tsp dried)
2 TBS olive oil
1 garlic clove, minced
1/4 tsp salt
1/4 tsp freshly ground white pepper
1 1/4 lb red snapper fillets, cut into 4 pieces
4 carrots, thinly sliced
4 medium zucchini, thinly sliced
2 tsp reduced-calorie margarine, melted

DIRECTIONS:

Preheat oven to 375° F. Spray 9/13" glass or ceramic baking dish with non-stick cooking spray.

In small bowl, combine parsley, wine, bread crumbs, lemon zest & juice, oregano, thyme, oil, garlic, salt & pepper - let stand, covered till it forms a paste-like consistency (about 10 minutes). Place fish, skin-side down, in baking dish. With spatula, spread herb paste over fillets. Bake till fish is just opaque in center & herb paste has formed a crust (about 12 minutes).

Meanwhile, place carrots in steamer basket - set in small saucepan over 1" boiling water - cover & steam 5 minutes - add zucchini & steam another 3 minutes. Toss gently with margarine. Serve snapper with vegetables on side.

Makes 4 servings

(per serving: 275 calories; 6g total fat; 1g saturated fat; 52mg cholesterol; 334mg sodium, 21g total carbohydrates; 5g dietary fiber; 33g protein, 128mg calcium - WW points per serving: 5)