

Fish poached in milk



Serves 4

Ingredients:

- 500 g fish fillets (halibut, snapper, or sole)
- ½ cup skim milk
- ¼ tsp salt
- ¼ tsp pepper
- ¼ tsp onion powder
- ¼ tsp garlic powder

Procedure:

- Arrange fish fillets in a large skillet that has been greased with olive oil.
- Pour milk over fish and sprinkle with the seasonings.
- Cover and simmer for 1 – 4 minutes, depending on thickness, or until fish flakes easily with a fork.
- Remove fish with slotted spatula.

Per serving:

- Calories: 118
- Protein: 24 gm
- Carbohydrates: 1 gm
- Fat: 2 gm

This quick method for cooking fish is full with flavor.