

# Broiled Fish Fillets



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**Serves:** 2

**Prep:** 5 minutes | **Cook:** 5-7 minutes

## INGREDIENTS

- 2 6oz catfish fillets (or similar flaky white fish, such as pollock or tilapia)
- Salt
- Pepper
- 1 lemon or lime

## DIRECTIONS

1. Spray sheet pan lined with foil and both sides of fish with non-stick cooking spray\*. Season top side of fish with salt and pepper. Place on pan.
2. Broil about 7-8 inches from broiler unit or flames about 5-7 minutes per side\*, or until fish is opaque when flaked.
3. Add a squeeze of lemon or lime and serve immediately.

\*Substitutions

Non-stick cooking spray	→	Vegetable/Canola oil
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Notes:

- \*The cooking time for the fish depends on how thick the fillets or steaks are. For fillets measuring about 1 inch at their thickest, cook for about 5 minutes on each side. A good rule of thumb is 10 minutes total for each inch of fish thickness.
- If using frozen fish, thaw before cooking by placing in fridge while still wrapped for several hours or overnight. For faster thawing, place fish in a leak-proof bag and submerge it in cold water for 30 minutes.



## Nutrition Information

*Serving Size: 1*

<b>Calories</b>	<b>240</b>
<b>Total fat</b>	<b>10 g</b>
Saturated Fat	0 g
Trans fat	0 g
<b>Cholesterol</b>	<b>120 mg</b>
<b>Sodium</b>	<b>198 mg</b>
<b>Carbohydrates</b>	<b>0 g</b>
Fiber	0 g
Sugars	0 g
<b>Protein</b>	<b>38 g</b>

Recipe adapted from: University of Arizona: Division of Agriculture