

Broiled Fish Dijon (4 servings)

1 to 2 Tbsp. reduced fat mayonnaise
1-2 Tbsp. Dijon mustard
1 pound fish fillets

Combine mayonnaise and mustard and spread mixture on top of fish in baking dish or pan. Broil or bake for about 5 minutes (longer for thicker fish) or until fish flakes easily with a fork.

Quick, Easy -N- Fast Italian-Dill Fillets Recipe

1/2 C. bottled Italian vinaigrette
1 t. dried dill weed
4 mild white fish fillets, preferably skinned (about 6 oz. each), such as tilapia

Preheat oven to 400°F.

Pour the vinaigrette into a 1-cup measure. Stir in the dill. Arrange the fillets in 1 layer in a 13 x 9 inch baking dish. Pour the sauce over the fish and bake, uncovered, until the fish is opaque throughout and flakes easily with a fork, 8-12 minutes.

Carefully place a fillet on each serving plate, spoon some of the dressing over the fish, and serve at once.

Serves four.