

Simple Skillet Fish with French Dressing

Prep: 5 minutes | Cook: 6 minutes | Total: 11 minutes

Yield: 2 servings | Serving Size: 1 fillet

Ingredients

2 (4- to 6-ounce) white fish fillets (e.g. flounder, cod, tilapia)

2 tablespoons olive oil

½ teaspoon black pepper

1 teaspoon salt-free seasoning blend

¼ cup French dressing

Directions

1. Pat both sides of the fish dry with a paper towel.
2. Sprinkle fish with pepper and seasoning blend.
3. Heat a large skillet over medium heat.
4. Add the oil, and heat until shimmering.
5. Place fish in skillet and cook for 2-3 minutes.
6. Once you see the edges touching the pan turn white and start to lift from the pan, flip the fish and cook an additional 2-3 minutes or until fish is opaque and flakes easily with a fork.
7. Remove from heat and drizzle with French dressing.
8. Serve warm.

Recipe Notes

- If using frozen fish, thaw in the refrigerator before cooking.



Nutrition Facts Per Serving: Calories: 462 calories | Total Fat: 30 g | Saturated Fat: 4.2 g | Sodium: 110 mg | Total Carbohydrate: 10 g | Dietary Fiber: 0.5 g | Protein: 40 g | Potassium: 667 mg

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