

Broiled Orange Roughy

Hands-on - 25 min.

Serves 4

Let's face it, who wants to cook on Friday night? (And it's time you had a break from pizza!) This meal comes together so fast—you won't even know you cooked!

Menu

Broiled Orange Roughy

Vegetable Medley

Baked Sweet Potatoes

5 Gingersnaps

Turn broiler on. Position oven rack 6" from heating element. Don't forget to leave oven door ajar.

2 (12 oz each) sweet potatoes or baking potatoes

Scrub thoroughly and pierce each potato 3 or 4 times with a fork. Wrap in a damp paper towel. Microwave on high 8 minutes. Test doneness by piercing with a fork. Cook longer if necessary.

1/2 head cauliflower

1/2 head broccoli

8 baby carrots

Clean and cut into pieces or save time and use 4 cups of frozen. Place in a steamer on top of the stove to cook for 8 to 10 minutes.

4 (4 oz each) fresh or frozen fish fillets (thin fillets of orange roughy)

1 lemon, quartered

Place fresh or frozen fillets on broiling pan. (No need to defrost.) Squeeze 1/4 of the lemon over each fillet.

dash paprika

dash dill weed or oregano

Sprinkle as much as you wish over each fillet. Broil until cooked through, 8 to 12 minutes. Cut sweet potatoes in half. Place potatoes and vegetables on table and serve fish.

Since this is a low-calorie meal, feel free to satisfy your sweet tooth with 5 gingersnap cookies.

Note: Fish will not need to be turned to cook all the way through if fillets are thin. Fish is done when it flakes easily with a fork.

Nutrition information for 1 fish fillet, 1/2 potato, 1 cup vegetables

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|-------------------|-----|---------------|-------|-------------|-------|---------|--------|--------------------|------|
| Calories | 282 | Fat | 1.5 g | Fiber | 10 g | Sodium | 184 mg | Total Carbohydrate | 45 g |
| Calories from Fat | 4% | Saturated Fat | 0 g | Cholesterol | 23 mg | Protein | 25 g | Sugars | 13 g |