

Minted Red Snapper with Summer Squash

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Servings: 4

Preparation Time: 30 minutes

4 5-ounce fresh or frozen red snapper fillets, 1-inch thick

1/8 teaspoon salt

1/8 teaspoon white pepper

2/3 cup chicken broth

1/3 cup dry white wine

6 sprigs fresh mint

2 tablespoons olive oil

1 tablespoon butter

1 medium (6 oz) yellow summer squash, coarsely chopped

1 medium (6 oz) zucchini, coarsely chopped

4 lemon wedges

2 teaspoons snipped fresh mint

Thaw the fish, if frozen. Rinse the fish and pat dry.

Sprinkle the fish fillets with salt and white pepper.

In an extra-large skillet, combine the broth, wine, mint, oil and butter. Bring to a boil. Reduce heat.

Add the fish fillets. Cover and simmer gently for 8 to 10 minutes or until fish flakes easily with a fork. Add the squash and zucchini during the last 2 to 3 minutes of cooking.

With a slotted spatula, transfer the fillets, squash and zucchini to soup plates and keep warm. Discard the cooked mint.

Bring the juices in the skillet to a boil over high heat. Cook about 6 minutes or until the sauce is thickened and reduced to 1/2 cup. Pour over the fillets.

Squeeze a lemon wedge over each fillet.

Sprinkle with the fresh mint as garnish.

Per Serving (excluding unknown items): 117 Calories; 10g Fat (81.9% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 224mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat.