

Baked Fillet of Fish

Betty Smallwood - Carthage, MO

Treasure Classics - National LP Gas Association - 1985

Yield: 2 to 4 servings

*4 tablespoons butter or
margarine*

salt

pepper

*1 pound fish fillets (fresh or
frozen)*

2 tablespoons lemon juice

2 tablespoons white wine

paprika

Preparation Time: 20 minutes**Bake Time: 20 minutes**

Melt four tablespoons of butter in a 7x11-inch shallow dish or pan.

Sprinkle salt and pepper on both sides of the fish. Remove the melted butter from the oven and add the lemon juice. Place the fish in the butter.

Bake in a 350 degree oven for 10 minutes (or 15 minutes for thick fish).

Add the wine. Turn the fish and baste with the juices. Sprinkle with paprika.

Return to the oven for 5 minutes.

Per Serving (excluding unknown items): 434 Calories; 46g Fat (96.7% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 124mg Cholesterol; 470mg Sodium. Exchanges: 0 Fruit; 9 Fat.