
Fish Fillet Almondine

Leonora Zabik

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1/3 cup sliced almonds

1/4 cup butter or margarine

1 pound fish fillets (tilapia or similar)

1/2 teaspoon lemon juice

Place the almonds and butter in 1-1/2 quart round microwave baking dish. Cook on HIGH for 4 minutes or until golden, stirring once during cooking. Remove the almonds with a slotted spoon. Set aside.

Add the fish fillets, turn to coat both sides. Cover with plastic wrap. Cook on HIGH for 5 minutes or until the fish flakes and is opaque.

Sprinkle with lemon juice, pepper and the almonds.

Cover and let stand for 2 minutes before serving.

Seafood

Per Serving (excluding unknown items): 688 Calories; 71g Fat (89.2% calories from fat); 10g Protein; 9g Carbohydrate; 3g Dietary Fiber; 124mg Cholesterol; 473mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Fruit; 13 1/2 Fat.