



Lemon-broiled Walleye Fillets



Makes 6 servings

Ingredients

- nonstick cooking spray
- 6 4-ounce walleye fillets (You can also use tilapia or another white fish of your choice. *)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon grated onion
- 1/2 teaspoon dried dill weed
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon dried ground mustard
- 1 1/2 teaspoons fresh lemon juice

Directions

1. Spray a baking sheet with nonstick cooking spray. If the fillets have not been skinned, place the fillets skin-side-up.
2. In a small bowl, mix together remaining ingredients. Brush each fillet with oil mixture.
3. Broil on low 3 to 4 inches from heat for 3 to 5 minutes or until light golden brown.
4. Remove from heat, flip fillets and brush with remaining oil mixture.
5. Return to oven to broil for another 4 to 7 minutes or until the fish flakes easily with a fork.
6. Serve warm.

*Option not included in nutrition facts.



MAIN DISH



TIP

Get creative! Try different combinations of spices and herbs to switch up the flavor without adding salt.

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

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Nutrition Facts

Serving Size 1 piece (167g)
Servings Per Container 6

Amount Per Serving

Calories 190 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 135mg 45%

Sodium 80mg 3%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 30g

Vitamin A 2% • Vitamin C 2%

Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: fish

Carb choices per serving: 0