

Low-Point Butter-Basted Seasoned Rockfish

Ingredients:

- 5, 6 oz. Rockfish (or your favorite fish) fillets (boneless, skinless)
- 4 Tbs butter
- 2 tsp. olive oil
- pinch salt
- pinch pepper
- pinch Old Bay Seasoning
- 1/3 cup half and half
- 1/3 cup dry white wine
- 1/2 Tbs lemon juice
- fresh dill

Heat a skillet over medium to high heat. Add butter and let it start to melt. Rub olive oil over fish fillets and sprinkle fish with salt, pepper, and Old Bay seasoning. Place fish in skillet and let sear 4 to 5 minutes without touching it. While fish is searing, in a small bowl, combine half and half, wine, and lemon juice. Turn fish over carefully. Add half and half mixture to skillet and start spooning the mixture over the fish, continually, for 3 more minutes. Remove fish to plate. Spoon a little more of the basting sauce over the top of the fish if desired, and sprinkle fish with fresh dill. Serve with rice or your favorite side. Enjoy!

Total servings - 5, (6 oz.) fillets

Serving size - 1

Points per serving - 7

Points plus per serving - 7

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"You can't start the next chapter in your life while re-reading the last one." - Anonymous