

Low-Point Baked Swai with Homemade Pesto

Ingredients:

- 5, 4 oz. Swai (white fish)
- Goya Adobo seasoning and pepper (to taste)

Basil Pesto

Ingredients:

- 3 cups, packed, fresh basil (leaves only)
- 1/4 cup pine nuts
- 3 cloves garlic
- 1/3 cup finely shredded parmesan cheese
- 2 Tbs olive oil
- 2 Tbs water
- salt and pepper to taste

Preheat oven to 400 degrees. Season Swai with pepper and Adobo seasoning. Line glass pan with Swai and bake for 15 min. (or until desired doneness). Meanwhile, add basil and pine nuts to a food processor and pulse until basil is chopped fine. Add garlic, cheese, and olive oil and pulse until all combined. Drizzle in water and add salt and pepper to taste. Pulse a few times more to ensure all is combined well. Remove Swai from oven and enjoy with this delicious rich and thick pesto.

Total servings - 5

Serving size - 1, 4 oz. Swai with 1 Tbs pesto

Points per serving - 3.5

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

"Nothing ahead of you is bigger or stronger than the power of God behind you." - Anonymous