

Low-Point Butter-Poached Haddock

Ingredients:

- 3, 4 oz. Haddock (I bought a bag in the freezer section at the grocery store. Feel free to use recipe with Swai, Flounder, or Tilapia as well.)
- 4 Tbs butter (I used Imperial stick butter)
- salt
- pepper
- 1 or 2 Tbs fresh parsley, chopped small

In a large skillet or sauce pan, heat butter over low to medium heat. Meanwhile, slice the Haddock into bite-size chunks. When the butter is pretty much melted, toss in the fish, parsley, and a pinch of salt and pepper (to taste). Stir and let cook very slowly and gently in the butter until the fish has turned opaque and flakes with a fork, approximately 8 to 10 minutes. Keep the heat low enough that the butter does not brown. Remove fish and place on cooked angel hair with a little olive oil (or any side dish you'd prefer). Enjoy!

Total servings - 3

Serving size - 1

Points per serving - 3.5

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

"If we could foresee unforeseen consequences, there would be no need to provide for unforeseen consequences." - Eric Koch