

Low-Point Mahi Mahi with Curry Cream Sauce

Ingredients:

- 2, 8 oz. Mahi Mahi fillets (or 4, 4 oz. fillets)
- 1 to 1 1/2 tsp. curry powder
- salt and pepper to taste
- 2 Tbs bread crumbs
- 1 Tbs almonds, crushed
- 1/8 tsp. Thyme
- "I Can't Believe It's Not Butter" spray

For Curry Sauce:

- 1 tsp. curry powder
- 1 Tbs butter
- 1/4 cup chicken broth
- 1/4 cup Half and Half
- 1/8 tsp. dill weed
- 1 tsp. cornstarch

Sprinkle one or both sides of the fish with curry powder (depending on how much you like curry). Season with a little salt and pepper. Lay fish in lightly greased baking dish. Mix bread crumbs, crushed almonds, and thyme in a small bowl. Evenly coat fillets with bread crumb mixture. Spray top of fish lightly with "I Can't Believe It's Not Butter" spray. Bake at 450 degrees for 10 to 12 minutes (or until desired doneness). Meanwhile, in a small saucepan, heat curry and 1 Tbs butter over medium heat. Add chicken broth, dill weed, and Half and Half. Bring to boil. Boil for 1 minute, turn heat down to simmer and add corn starch, stirring until dissolved (you may need to smash cornstarch with a fork if it clumps). Remove from heat and serve over Mahi Mahi or use as a dipping sauce.

Total servings - 4

Serving size - 1, 4 oz.

Points per serving - 4

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