

Low-Point Pecan-Coated Orange Roughy

Ingredients:

- 5, 4 oz. Orange Roughy fillets
- 1 egg
- 1/2 cup crushed pecans
- 2 tsp. butter
- 1 Tbs chopped shallots
- 1/2 cup white wine
- 1/4 tsp. dill weed
- 1/4 tsp. thyme
- 1/4 tsp. pepper
- 2 tsp. corn starch
- 1 tsp. Dijon mustard
- 1 Tbs lemon juice
- cooking spray

Heat oven to 400 degrees. Place the egg and pecans in separate shallow bowls. Dip fillets into egg, then coat with pecans. Place fillets in a 13-inch by 9-inch baking dish sprayed with cooking spray. Bake, uncovered, for 20 to 25 minutes or until fish flakes easily with a fork. Meanwhile, in a saucepan, sauté shallots in butter over medium-high heat until tender. Add wine. Bring to boil and cook for a few minutes until liquid is reduced by half. In a small bowl, combine dill weed, thyme, pepper, cornstarch, mustard, and lemon juice. Stir into wine mixture. Bring to boil and stir until it begins to thicken. Serve with orange roughy and enjoy!

Total servings - 5

Serving size - 1

Points per serving - 5

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

"What lies behind us and what lies before us are tiny matters compared to what lies within us." - Ralph Waldo Emerson