

Low-Point Mayo and Panko Mahi

Ingredients:

- 2 Tbs Land O Lakes Lite Butter with Canola Oil
- 2, 4 oz. Mahi Mahi fish filets
- 2 Tbs lite mayonnaise
- 2 Tbs Panko (Japanese bread crumbs)
- dash salt and pepper

Heat a large skillet over medium-high heat. Add butter to skillet. As the butter is melting, spread 1/2 Tbs lite mayo on each side of both fish. Sprinkle fish with salt and pepper and then add 1/2 Tbs Panko on each side of both fish, gently pressing the Panko down into the mayo, so it sticks to the fish. Pan fry fish for 2 to 3 minutes on each side, or until your desired degree of doneness. Remove and enjoy with your favorite sides.

Total servings - 2

Serving size - 1

Points per serving - 4.5

Points plus per serving - 5

***"Always act like the person Mr. Roger's knew you could be."
- Anonymous***