

Baked White Fish with Asparagus

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

21 grams protein

4 grams fat

215 calories

Ingredients

- 100 grams white fish
(make multiple servings for best results)
- 1½ cups asparagus per serving of fish
- 1 serving Melba toast crumbs per serving
- ½ cup vegetable broth or water
- 2 tablespoons caper juice
- 1 clove of garlic, crushed and minced
- 1 tablespoon onion, minced
- ¼ teaspoon dill, dried or fresh
- 4 tablespoons lemon juice
- Pinch of tarragon
- Sea salt, black pepper & parsley to taste

Directions

1. In a small baking dish, layer the fish and asparagus then mix the vegetable broth with spices and pour over fish and asparagus.
2. Top with herbed Melba toast crumbs and bake at 350 degrees for about 20 minutes or until fish and asparagus are cooked thoroughly and crumbs are slightly brown.
3. Top with remaining sauce, fresh parley, and serve with lemon wedges.
4. Dish can also be cooked on the barbecue. Just wrap up fish and asparagus in foil, toss with spices, and baste with vegetable broth.

