

Broiled Fish Steaks

Fish preparation has never been so simple! Overcooked fish will be a thing of the past when you include this recipe in your collection!

4 Small salmon, trout or other medium-firm fish steaks, about 3/4 inch thick (1 1/2 pounds)

Salt and pepper to taste

2 tablespoons butter or margarine, melted

1. Set oven to broil. Sprinkle both sides of fish with salt and pepper. Brush both sides with half of the butter. Place on rack in broiler pan.
2. Broil with top of fish steak about 4 inches from heat 5 minutes. Brush with butter. Carefully turn fish. (If fish sticks to the rack, loosen gently with a turner or fork.) Brush other side with butter.
3. Broil 4 to 6 minutes longer or until fish flakes easily with fork.

1 Serving: Calories 280 (Calories from Fat 135); Total Fat 15 g (Saturated Fat 6 g);
Cholesterol 125 mg; Sodium 1020 mg; Total Carbohydrate 0g (Dietary Fiber 0g);
Protein 36 g

% Daily Value: Vitamin A 8 %; Vitamin C 2 %; Calcium 2 %; Iron 6 %

Exchanges: 5 Lean Meat

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