

Baked Fish with Orange Zest

Makes one serving.

Each serving has 195 calories

(1 protein, 1 fruit, 1 Melba, 1 milk)

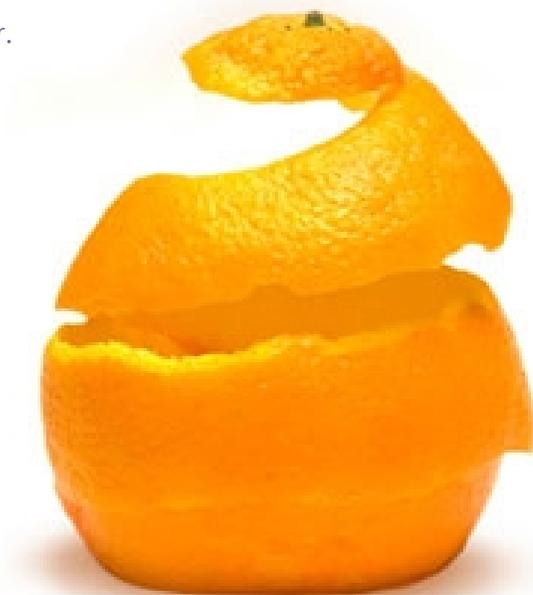
Any firm white-fleshed fish fillet will do in this delicious flavored entrée with “mock” almonds and a hint of orange. Substitute the 3 drops of stevia with 3-5 drops of Capella Amaretto drops for a delicious Amaretto flavour.

Ingredients

- 100 grams firm white-fleshed fish
- Juice of 1/2 orange
- 1 Tablespoon milk
- 3 drops Stevia
- sea salt and pepper to taste

For the topping:

1 Melba toast, broken into small pieces
1/2 teaspoon grated orange zest
1/2 orange, peeled, seeded and roughly chopped
Pinch of salt
1 teaspoon finely chopped parsley for garnish



Directions

1. Preheat the oven to 375 degrees F. Line a rimmed baking sheet with foil. Place the fish in the middle of the pan.
2. In a small bowl combine the orange juice, milk, stevia/flavour drops and pour over the fish. Season with salt and pepper.
3. In another small bowl combine the topping ingredients and sprinkle over the fish. Bake until the fish flakes with a fork and the topping is lightly golden, about 15 minutes. Sprinkle with the parsley and serve immediately.