

Fish with Parsley Pesto



Ingredients

1 bunch flat-leaf parsley, leaves only, chopped 16 oz white-fleshed fish fillet
1 clove garlic, minced 1 tsp olive oil
1 Tbsp olive oil
1 lemon, zested and juiced
1/2 cup basil leaves only, chopped
1/2 tsp black pepper

Instructions

Instructions: Preheat the oven to 400 degrees. Pesto: Place the parsley in a small food processor and pulse 6-8 times. Add garlic, olive oil, lemon zest and juice, basil and black pepper and process until a thick sauce forms. (Sauce will keep in a sealed container for up to one week.) Fish: Lightly spritz the fish on both sides with non-stick cooking spray. Place fish in hot skillet. Cook for 3-5 minutes per side or until fish is flaky. Top each portion of fish with 1/4 cup of pesto. Transfer fish onto an oven sheet and place in the oven for 5 minutes to warm the sauce.

Nutrition Information Per Serving

Serves 4
Calories: 157
Fat: 5.3 gm
Sodium: 99.4 gm
Fiber: 0.7 gm
Carbohydrates: 5.0 gm
Cholesterol: 45.7 gm