



Low-Sodium Fish Fry A Southern Favorite

Serves 2

INGREDIENTS

3 ounces white fish fillets (of choice, such as tilapia, cod, flounder, etc.), 2 each

1 tablespoon unsalted butter or olive oil

Spice Blend: 1 teaspoon Mrs. Dash® original and 1 teaspoon Mrs. Dash® garlic and herb seasoning

DIRECTIONS

1. Heat 1 tablespoon unsalted butter or canola oil in pan.
2. Add fish fillets (dry with paper towel first).
3. Season both sides of fish with spice blend.
4. Fry in pan for 3 minutes each side.
5. Squeeze fresh lemon over fish fillets to taste.

NUTRITION:

172 Calories
15 g protein

176 mg phosphorus
350 mg potassium

45 mg sodium