

## Broiled white sea bass

**Tip:** Serve these broiled sea bass fillets over a bed of sauteed spinach, which adds vitamin A, folate, riboflavin, calcium and iron to your meal. If you prefer, you can substitute red snapper, halibut or cod for the sea bass.

SERVES 2

### Ingredients

2 white sea bass fillets, each 4 ounces  
1 tablespoon lemon juice  
1 teaspoon garlic, minced  
1/4 teaspoon salt-free herbed seasoning blend  
Ground black pepper, to taste

### Directions

Preheat the broiler (grill). Position the rack 4 inches from the heat source.

Lightly spray a baking pan with cooking spray. Place the fillets in the pan. Sprinkle the lemon juice, garlic, herbed seasoning and pepper over the fillets.

Broil (grill) until the fish is opaque throughout when tested with a tip of a knife, about 8 to 10 minutes. Serve immediately.

### Nutritional Analysis

(per serving)

Serving size: 1 fillet			
Calories	114	Cholesterol	46 mg
Protein	21 g	Sodium	78 mg
Carbohydrate	2 g	Fiber	1 g
Total fat	2 g	Potassium	316 mg
Saturated fat	1 g	Calcium	22 mg
Monounsaturated fat	< 1 g		

## DIABETES MEAL PLAN EXCHANGES

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