

- » Nonstick vegetable cooking spray
- » 6 oz red snapper fillet
- » Pinch salt-free herb seasoning blend
- » 1 tsp olive oil
- » 1 minced garlic clove
- » 1 chopped green onion
- » 1 tsp grated fresh ginger root
- » 1/2 tbsp lemon juice
- » 1 tbsp apple juice
- » 1/2 tbsp honey
- » 1/4 cup long-grain brown rice, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	429 cal	Cholesterol	63mg
Protein	39g	Sodium	116mg
Carbohydrate	48g	Calories from Fat	17%
Fat	8g	Fiber	2g
Saturated Fat	1g		

Preheat oven to 375°F. In a baking dish that has been sprayed with nonstick vegetable cooking spray, arrange snapper fillet across the bottom of the dish. Sprinkle with salt-free herb seasoning blend. In a skillet, over medium-high heat, add olive oil, garlic, and onions. Saute for 2 minutes. Add ginger root, lemon juice, apple juice, and honey. Cook for 1 minute and remove from heat. Pour over snapper fillets and cover baking dish with foil. Bake for 20 to 25 minutes or until fish flakes easily with a fork. Serve with hot cooked brown rice. Serves 1.