

Fish Piccata

Recipe courtesy of *Diane's Daily Dish*

Ingredients:

4 (6-ounce) flounder, catfish, tilapia or favorite whitefish fillets

1 cup whole wheat flour

¼ tsp. black pepper

1 tbsp. dried parsley

1 tbsp. canola or olive oil

1 tsp. butter

Juice of 1/2 lemon

1/4 cup dry white wine

1 tsp. garlic, minced

1/2 cup low sodium veggie or chicken broth

2 tbsp. fresh lemon juice

1 tbsp. capers, drained

1 tbsp. butter

Chopped fresh parsley or dried flakes

(Continued)

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Directions:

Combine flour, pepper and parsley in a large shallow dish.

Dredge fish in flour mixture.

Heat 1 tbsp. oil and 1 tsp. butter in a large skillet over medium-high heat.

Add fish to pan; cook 1-2 minutes on each side or until fish flakes easily.

Remove fish from pan, squeeze lemon juice over and keep warm.

Add wine and garlic to pan and cook about 30 seconds.

Add broth, lemon juice and capers. Remove from heat.

Add 1 tsp. butter to pan; stir until melted.

Pour sauce over fish.

Garnish with parsley

Enjoy!

Serves 4 - 6