

Easy Lemon Fish

1 lb. fish fillets
1/4 cup chicken broth
4-6 lemon slices
20 sprays of "I Can't Believe Its Not Butter!"®
spray
1/8 tsp. pepper
1 tbsp. parsley, dried

Preheat oven to 450°F. Arrange fish in a 9" x 13" baking pan. Top with remaining ingredients. Bake fish, uncovered, for 10 minutes per inch of thickness, or until fish flakes easily with a fork. Makes 3 servings.

Nutrition information per serving: calories 212; protein 30 grams; fat 9 grams; sodium 180 mg