

Tarragon Fish

Vegetable cooking spray

1 lb. fish fillets (snapper or sole)

1/3 cup fat-free plain yogurt

1 tsp. tarragon, dried

1 oz. fat-free mozzarella cheese, grated

Preheat oven to 450°F. Arrange fish in a 9" x 13" pan that has been sprayed with vegetable cooking spray.

Bake, uncovered, for 4-6 minutes per 1/2" thickness of fish. Drain any liquid. Mix remaining ingredients and spread over fish. Bake 2 minutes or until cheese is melted. Makes 4 servings.

Nutrition information per serving: calories 126; protein 23 grams; fat 2 grams; sodium 120 mg