

Flounder Piccata

“Lightly pan fried breaded filet of flounder served in a lemon-wine, butter sauce with capers and parsley. A wonderful way to enjoy flounder, tilapia or any white fish”.

Servings: 4 • **Serving Size:** 1 piece • **Calories:** 268.7 • **Fat:** 7.9 g • **Protein:** 34.5 g • **Carb:** 13.6 g • **Fiber:** 2.9 g • **Sugar:** 0.1 g • **Sodium:** 366.5 (without salt)

INGREDIENTS:

- ✓ 4 flounder filets (17 oz total)
- ✓ freshly ground black pepper
- ✓ 2 large egg whites
- ✓ 2/3 cup seasoned bread crumbs
- ✓ olive oil spray (about 1 tbsp worth)
- ✓ 1 tbsp light butter
- ✓ juice of 1 lemon, lemon halves reserved
- ✓ 1/4 cup dry white wine
- ✓ 1/2 cup fat free chicken broth
- ✓ 1 tbsp capers, drained
- ✓ sliced lemon, for serving
- ✓ 2 tbsp chopped fresh parsley, for serving



DIRECTIONS:

- Season** fish with salt and pepper. Heat oven to 200°.
- In a shallow bowl, **beat** the egg whites. **Place** the bread crumbs in another dish. **Dip** each fish filet in the egg whites, then bread crumbs.
- Heat** a large saute pan over medium to medium-low heat. **Spray** a generous amount of olive oil spray on one side of the fish, and lay it in the pan, oil side down. **Spray** the other side of the fish generously to coat and **cook** for 4 to 5 minutes on each side, until fish is opaque and cooked through. **Set aside** on a platter in a warm oven until you make the sauce.
- Over medium heat in the same pan, **melt** butter, **add** the lemon juice, wine, chicken broth and the reserved lemon halves, salt, and pepper and bring to a boil. **Boil** over high heat until the liquid is reduced to half, about 3 - 4 minutes. **Discard** the lemon halves, add the capers and **spoon** the sauce over the fish; **place** a slice of lemon on each filet and top with fresh parsley.

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