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Lemon Dill Fish

Ingredients

Your choice of a white fish according to serving size allotted (cod, flounder, orange roughy)

4 Tablespoons lemon juice

¼ cup water or vegetable broth

1 teaspoon apple cider vinegar

1 teaspoon fresh dill

1 clove garlic crushed and minced

1 tablespoon minced onion

Salt and black pepper to taste

Directions

Sauté fish with lemon juice, water or vegetable broth, and vinegar. Add garlic, onion, and fresh dill. Cook for an additional 5 -10 minutes or until fish is completely cooked. Garnish with lemon wedges.

Makes 1 serving (meat)