



HAPPY NEW YEAR

## Chilean Seabass a la Meuniere

### ***Ingredients:***

½ cup all-purpose flour  
½ cup 2% reduced-fat milk  
4 (6-ounce) seabass fillets  
½ teaspoon salt, divided  
½ teaspoon freshly ground black pepper, divided  
2 tablespoons butter, divided  
¼ cup minced shallots  
¼ cup white balsamic vinegar  
¼ cup fat-free, less-sodium chicken broth  
2 tablespoons chopped fresh parsley

### ***Preparation:***

#### **Step 1**

Place flour in a shallow dish. Place milk in another shallow dish. Sprinkle fish evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper. Working with one fillet at a time, dredge fish in flour, shaking off excess. Dip fish into milk, allowing excess to drip off; dredge again in flour. Set aside. Repeat procedure with remaining fish, flour, and milk.

#### **Step 2**

Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon butter to pan, swirling until butter melts. Add 2 fillets to pan; reduce heat to medium, and cook 4 minutes on each side or until golden brown and fish flakes easily when tested with a fork or until desired degree of doneness. Remove fish from pan; keep warm. Repeat procedure with remaining 1 tablespoon butter and the remaining 2 fillets. Remove fish from pan; keep warm.

#### **Step 3**

Increase heat to medium-high. Add shallots and remaining 1/4 teaspoon salt to pan; sauté 1 minute or until tender. Add vinegar and broth; simmer 1 minute. Add parsley and remaining 1/4 teaspoon pepper. Spoon sauce over fish.

## **Nutrition Facts**

### **Per Serving:**

258 calories; calories from fat 35%; fat 9.9g; saturated fat 4.6g; mono fat 2.7g; poly fat 1.6g; protein 32.1g; carbohydrates 7.7g; fiber 0.3g; cholesterol 156mg; iron 2mg; sodium 493mg; calcium 48mg.