

## **Baked Red Snapper With Dill Sauce**

Serves 4

1/3 cup low fat or fat free mayonnaise  
1 garlic clove, minced  
1/2 tsp lemon juice  
1/2 tsp minced green onion  
1/2 tsp minced fresh dill  
pinch ground pepper

Combine in a small bowl and set aside.

1 lemon sliced  
1 onion sliced  
2 fresh dill sprigs  
1 pound snapper fillets

Preheat oven to 400

Place lemon slices in center of foil.

Top lemon slices with onion and dill.

Place fish on top of lemon and onion and season with salt and pepper.

Fold foil tightly to seal.

Place on baking sheet and bake for 20 minutes.

Serve with dill sauce on the side.

Per serving:

139 calories

4 g carbohydrates

24 g protein

2.3 g fat

42 mg cholesterol

94 mg sodium