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BLACKENED GROUPER

Basic Lifestyle

Ingredients

For the fish

10 (6 oz.) grouper fillets
 1/4 cup Cajun Spice Mix
 5 TSP canola oil, divided
 5 TSP low-fat butter, divided
 10 lemon wedges

For the Cajun Spice Mix

3 TBS paprika
 2 TBS ground red pepper
 2 TBS dried thyme
 2 TBS dried oregano
 2 TBS onion powder

2 TBS garlic powder
 1 TBS kosher salt
 1 TBS black pepper
 1 TBS Splenda

Instructions

1. For the Cajun Spice Mix - Combine all ingredients in a small bowl.
2. Rub each side of fillets with the Mix.
3. Heat 2-1/2 TSP oil and 2-1/2 TSP butter in a large nonstick skillet over medium-high heat.
4. Add 5 fillets; cook for 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
5. Repeat procedure with remaining oil, butter and fillets. Serve with lemon wedges.

Portion-Per-Serving Information: (Yields 10 servings)

Serving = 1 fillet + 1 lemon wedge = 1 P