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Flounder Piccata

Serves 4

Ingredients

4 flounder fillets (about 1 lb)

freshly ground black pepper

2 large egg whites

2/3 cup seasoned breadcrumbs

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 breadcrumbs in another dish. Dip each fish filet in the egg whites, then breadcrumbs.

Heat a large sauté 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, and serve