

## ***Snapper with Lime and Herbs***

Courtesy of Carole's Creations

Prep Time: 15 minutes

Marinade Time: 30 minutes

Cooking Time: 6-8 minutes

Serves: 4

**CChints:** This is a light and refreshing marinade.

Fresh herbs add a lot to any dish. Try growing the herbs you use the most because they will always be fresh and you will save money. Most herbs can be grown in pots with a sunny exposure inside or out.

Remember to use a good potting soil. When you zest the limes, only do the green surface because the white part underneath can be bitter. You can purchase bourbon in those tiny .50 ml bottles at most liquor stores if you don't want to buy a regular size bottle.



4 red snapper filets

4-1/2 tablespoons olive oil, divided....3 tablespoons for the marinade and 1-1/2 for cooking

Zest from 2 limes

2 tablespoons fresh lime juice

1 tablespoon fresh thyme leaves

1 tablespoon freshly chopped basil

2 teaspoons bourbon

1/2 teaspoon salt and a dash of black pepper

4 servings of rice your favorite rice

4 servings of a side vegetable of your choice

1/3 cup reduced fat chicken broth

Rinse the fish, pat it dry and place in a sealable plastic bag. Add the marinade to the plastic bag starting with 3 tablespoons of the oil through the black pepper. Seal and refrigerate for 25 minutes.

During this time you can prepare your rice according to package directions. Some rice takes 5 minutes while others take 30 or more. Make your plans so that the rice to be done when the fish is ready. Plan the preparation time of your side vegetable in the same way.

When the fish has finished the marinating remove it from the refrigerator. Add the remaining 1-1/2 tablespoons of oil to a large nonstick pan over medium heat. When the pan is hot, remove the fish from the bag and gently lay them in the skillet. Save the marinade in the bag for later.

Cook the fish for 3 minutes on each side or until done. Remove from the pan and put in a container to keep warm for a few minutes. Reduce the heat in the pan to a simmer and slowly pour in the chicken broth and reserved marinade. Scrap the pan to keep the brown bits from the fish loose to flavor the sauce. Cook for 2 minutes or until it the sauce reduces a little.

Put a piece of fish on each plate and divide the sauce over each piece. Add your rice and vegetables and enjoy!