

WE HOPE YOU WILL ENJOY THIS TASTY MEAL

## WHITE SEA BASS (broiled)

### Ingredients:

2 white sea bass fillets, each 4 ounces  
1 tablespoon lemon juice  
1 teaspoon garlic, minced  
1/4 teaspoon salt-free herbed seasoning blend  
Ground black pepper, to taste

### Directions

Preheat the broiler (grill). Position the rack 4 inches from the heat source.

Lightly spray a baking pan with cooking spray. Place the fillets in the pan. Sprinkle the lemon juice, garlic, herbed seasoning and pepper over the fillets.

Broil (grill) until the fish is opaque throughout when tested with a tip of a knife, about 8 to 10 minutes.  
Serve immediately.