

White Fish with Healthy Lemon Garlic Sauce

Servings: 4

Source: <https://www.hauteandhealthyliving.com/fish-with-easy-lemon-garlic-sauce/>

Ingredients:

- 4 six-ounce white fish fillets (i.e. cod, sole, halibut, haddock etc.)
- 1/2 cup unsalted cashews soaked in water
- 1/3 cup plus 2 tablespoons water
- 1 tablespoon lemon juice
- 1 garlic clove minced
- 1/4 teaspoon salt and pepper
- Optional garnish:
Chopped fresh parsley, dill or chives

Instructions

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper. Place fish fillets on baking sheet. Bake for 15-20 minutes, or until fish flakes easily with a fork.
2. Meanwhile, soak the cashews in boiling hot water for 15 minutes. Place the soaked cashews, water, lemon juice, garlic, salt and pepper into a powerful blender. Blend until smooth and creamy.
3. Pour the cashew sauce into a small saucepan over low heat and heat for 5-10 minutes or until warmed through. Serve sauce warm drizzled over fish and garnish with parsley, dill or chives, if desired.

Nutrition Information per Serving: 254 calories, 10 g total fat, 37 g protein, 5 g carbohydrate, 236 mg Sodium

Substitutions:

1. Switch out the white fish for any fish or shrimp
2. Serve with vegetables and rice for a well-balanced meal

