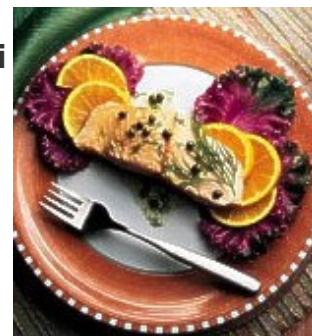




Lemon-Dill Poached Fish

Use a fish if your choice. Tuna, Flounder, Tilapia, Mahi Mahi, Haddock and Cod are all excellent choices. You will also need a couple of lemons thinly sliced.



The Lemon-Dill Seasoning

3 Tbs. Dried Dill Weed	2 Tbs. Onion Powder
1 Tbs. Paprika	1 Tbs. Lawry's Seasoning Salt
1 Tbs. Lemon Pepper	2 Tbs. Dried Parsley
	1 Tbs. Garlic Powder

To Poach the Fish!

Place fish filets onto a 1" or 2" full size perforated pan. Season liberally with Lemon-Dill Seasoning. Place lemon slices onto the tops of the fillets. Place pan into preheated Steam N' Hold Steamer. Place Steamer into Thermostat Mode at 190 degrees, and set timer for 15 minutes.

This dish is excellent served with Steamed Jasmine Rice and a light vegetable.

For an added burst of flavor try soaking your Lemon Slices in White Wine.

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