

Bass with Avocado Sauce

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Ingredients

1 sm. ripe avocado – peeled, pitted, coarsely chopped
1/4 cup skim milk
1 Tbls. lime juice
1 clove garlic – minced
1 dash hot sauce
2 Tbls. lemon juice
1 Tbls. soy sauce
1 tsp. grated lemon rind
1 tsp. Dijon mustard
1/3 cup dry breadcrumbs
1 lb. bass fillets

Directions

Puree avocado, milk, lime juice, garlic, and hot sauce in a blender until smooth; set aside.

Combine lemon juice, soy sauce, lemon rind, and mustard in a bowl; set aside.

Place crumbs in a shallow dish; set aside.

Dip fillets in lemon juice mixture and coat in bread crumbs.

Place fillets on a baking sheet coated with non-stick cooking spray.

Bake in a 450 degree oven for 7 minutes, turn fillets over, and bake an additional 7 minutes, or until the fish flakes easily with a fork.

Transfer fillets to a serving platter and top with avocado sauce.