

## Snappin' Red Snapper

**And for 4 oz of fish your totals are!**

Calories 110    Fat 10g    Fiber 0g    Carbs 0g

### **What you'll need:**

Aluminum foil

Butter flavored cooking spray

4 Oz piece of red snapper (or as many pieces as you have people – and if you're maintaining your weight then the portion can be larger)

Blackening seasoning (I like Chef Paul Prudhomme's Magic Seasoning)

1-lemon

Creole seasoning (I like Tony Chachere's – but it is VERY spicy so remember a little goes a long way!)

Outdoor grill (you can bake this in the oven at 350 just as easy, but fish is so delish cooked on the grill)

### ***O.K. let's get to cookin'!***

1. Fire up your grill med/high heat!
2. Take a large piece of aluminum foil and lay it out on your kitchen counter.
3. Generously spray the foil with butter flavored cooking spray.
4. Lay your fish on the foil and spray the top of the fish again with the butter flavored cooking spray.
5. Sprinkle on the blackening seasoning (O.K. I'm pretty heavy handed here. I LOVE this seasoning) and then drizzle the juice from the lemon over this
6. Lightly sprinkle the fish with Creole Seasoning – not too much – you already have the blackening seasoning, so this is just a dusting
7. Fold up the aluminum foil and place it on the grill, but NOT on direct heat. The side with the fish should be turned off!
8. Let this cook for 15-minutes until piping hot.

### ***Now get to eatin'!***

*Suggestion: You can use this very same recipe with most fish that is flaky and likely to fall apart if cooked directly on the grill – catfish comes to mind.*

*And because of the foil, there's no mess – just toss away the foil and you've cleaned up your kitchen and during the summer you didn't heat up your house!*

Craving Red Snapper like my mother in law, Jenny Stallings, always made on the Mississippi Gulf Coast inspired this **Kitty's Lighter Weigh** recipe.