MICROWAVE GRUNTS

SPREAD GRUNT FILLETS IN SINGLE LAYER IN A LARGE CORNING WARE OR PYREX DISH. ADD ONE OUNCE DRY WHITE WINE. SPREAD A LIGHT LAYER OF BUTTER ON EACH FILLET. DRIZZLE A LITTLE LEMON JUICE ON EACH PIECE. SPRINKLE WITH SWEET BASIL FLAKES. COVER AND MICROWAVE ON HIGH FOR ABOUT THREE MINUTES. IF CENTER OF FILLETS IS NOT WHITE AND FULLY COOKED, HEAT FOR ANOTHER HALF MINUTE. SERVE WITH BOILED POTATOES AND A GREEN VEGETABLE.