Baked Spicy Fish

Serves 4

- 1 pound fresh or frozen white fish fillets
- ¼ teaspoon of each: garlic powder, onion powder, black pepper
- ⅛ teaspoon eachof black pepper, oregano, thyme (or basil)
- 1 tablespoon lemon juice
- 1 ½ tablespoon margarine or butter, melted

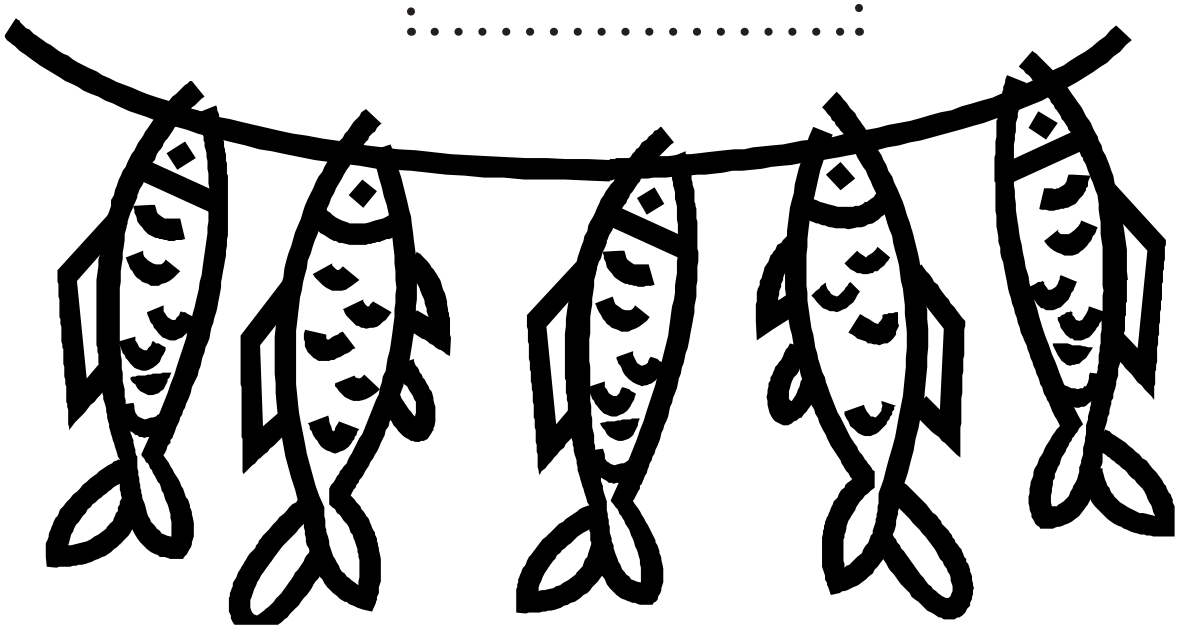
1. Thaw fish (if frozen) in refrigerator. Preheat oven to 350°F.

2. Place fish fillets in an ungreased baking pan.

3. Combine seasonings in a small bowl and sprinkle over fish. Pour lemon juice and butter or margarine over fish.

4. Bake 20-25 minutes or until fish flakes easily with a fork.

Nutrition information per 4 ounce serving: calories 130, fat 5g, sodium 110 mg, protein 20g

Did you Know?

Fish is a low-fat and high protein food. It has Omega-3 fatty acids, Vitamin D and B vitamins, calcium and many minerals.