

Lemon Pepper Baked Fish



Smart Cuisine, Heart Smart, Carb Smart and Sodium Smart.

Flavorful and light.

Ingredients:

4 x 5oz or 20 oz Cod, Tilapia, or other white fleshed fish.
Lemon Pepper Seasoning

Alternative seasoning mix:

2 cloves of minced garlic or ½ tsp garlic powder
¼ tsp cardamom
¼ tsp cumin
1 tsp tomato paste
1 tbsp cilantro, chopped

Instructions:

Arrange fish in an oven safe pan. Season and cover with aluminum foil.

Bake at 350°F for 25 – 30 minutes or until internal temperature reaches 145° F.

Serve with potatoes or rice and your choice of steamed vegetables.

Nutrition Information: 1 Serving – 5 oz fish. 220 calories, 4g Total fat, 1.5g Sat. Fat, 110mg Cholesterol, 370mg sodium, 0g Carbs, 0g Fiber, 0g Sugar, 45g Protein.