

# Seasoned Baked Fish



## Ingredients:

- 4 - 5oz fish filets of your choice; catfish, cod, sole etc.
- 2 tsp margarine
- 2 tsp Onion Powder
- 1 tsp Fresh Parsley, chopped
- ¼ tsp Garlic Powder
- 1 tsp Worcestershire sauce
- 1 tsp Fresh Parsley, chopped

## Instructions:

- Heat regular oven to 450 degrees F. Spray baking sheet or other oven safe pan with cooking spray. Place the fish filets in the pan.
- Melt margarine in a saucepan. Add remaining ingredients except second parsley amount to melted margarine. Mix thoroughly.
- Pour seasoned mixture over fish, distribute evenly over each filet.
- Bake fish until it easily flakes with a fork. 12 – 15 minutes.
- Sprinkle remaining chopped parsley over fish just before serving.

Serve with steamed or grilled vegetables and rice.

## Nutrition Information

Amount per Serving, 150 Calories, 5g Total Fat, 1g Saturated Fat, 0g Trans Fat, 60mg Cholesterol, 125mg Sodium, 0g Carbohydrate, 0g Sugar, 25g Protein.