

# Baked Spicy Fish



**CHOICES**  
*Steps Toward  
Health*

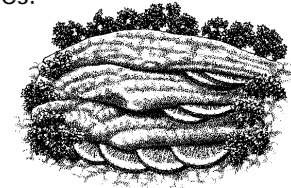
Serves 4

1 pound cod fillets or any white fish,  
fresh or frozen  
1/4 teaspoon paprika  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/8 teaspoon black pepper  
1/8 teaspoon oregano, ground  
1/8 teaspoon thyme, ground  
1 tablespoon lemon juice  
1 1/2 tablespoons tub margarine, melted

## TIPS:

- Store fresh or frozen fish on a shelf below other foods in the refrigerator.
- Serve with stewed tomatoes or a green vegetable such as green beans.

1. If using frozen fish, thaw in refrigerator according to package directions.
2. Preheat oven to 350°.
3. Separate or cut fish into four fillets or pieces. Place fish in a 9" x 13" x 2" baking pan.
4. Mix paprika, garlic and onion powder, pepper, oregano, and thyme in small bowl.
5. Sprinkle seasoning mixture, pour lemon juice, and drizzle margarine evenly over fish.
6. Bake until fish flakes easily with a fork, about 20 to 25 minutes.



**Nutrition Facts:** Serving size: 4 ounces; Calories: 130; Fruits and Vegetables: 0; Fat: 5 g; Fiber: 0 g



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