

Lemon White Fish

Adapted from Food.com

Ingredients

- 8 ounces (½ pound) white fish (such as haddock or cod)
- 1 tablespoon olive oil
- pinch (⅛ teaspoon) salt
- ¼ teaspoon black pepper
- ¼ teaspoon dried dill (or ¾ teaspoon minced fresh dill)
- juice from ½ a lemon

Instructions

Cover a baking sheet with foil. Remove fish from the fridge and pat it dry. Place it on prepared baking sheet and rub both sides with olive oil. Set fish aside and preheat the oven to 400 degrees.

Sprinkle salt, pepper and dill on fish. Squeeze lemon on top, picking off any seeds.

Bake the fish for about 20 minutes or until it is no longer opaque and flakes easily when prodded with a knife or fork (or reaches an internal temperature of 145 degrees).

Cooking Tip:

- Thicker cut fish may take longer to cook. It is recommended to plan for about 10 minutes per inch of filet (so a 2-inch-thick filet will take around 20 minutes).
- For a crispier fish, finish it off in the broiler for 1 to 2 minutes on high.

Yield: 2 servings



NUTRITION FACTS PER SERVING

CALORIES: 180 kcal

PROTEIN: 26 grams

SODIUM: 170 milligrams

CARBOHYDRATE: 1 grams

FIBER: < 1 gram

FAT: 8 grams

SATURATED FAT: 1 gram