



Spicy Baked Fish

Shine 365
Marshfield Clinic

PREP TIME: 10 minutes • BAKE TIME: 15 minutes • SERVINGS: 4

INGREDIENTS

- 1 pound cod (or other fish) fillet
- 1 tablespoon olive oil
- 1 teaspoon salt-free commercial spicy seasoning, or 1 teaspoon of spice mix (recipe below)
- Nonstick cooking spray

For Spice Mix

- 1½ teaspoon white pepper
- ½ teaspoon cayenne pepper
- ½ teaspoon black pepper
- 1 teaspoon onion powder
- 1¼ teaspoon garlic powder
- 1 tablespoon basil, dried
- 1½ teaspoon thyme, dried

INSTRUCTIONS

Preheat the oven to 350 degrees.

Spray casserole dish with nonstick cooking oil spray.

Wash and dry fish. Place fish in baking dish. Drizzle with oil and seasoning mixture. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces.

For Spice Mix

Mix all ingredients together. Store in an airtight container. Add a kick to meat, poultry, fish and vegetable dishes!

NUTRITION INFORMATION

Each serving contains 134 calories;
21 g protein; 93 mg sodium; <1 g carbohydrates

Source: National Heart, Lung and Blood Institute