

# Baked Fish

*Family Friendly*

High Protein - Vegetarian - Gluten Free

## Ingredients

Servings: 4

Prep Time: 10 minutes

Cook Time: 25 minutes

- 1 lb. **white fish**
- 1 tbsp **lemon juice**
- 1 1/2 tbsp **butter**, melted
- 1/4 tsp **paprika**
- 1/4 tsp **garlic powder**
- 1/4 tsp **onion powder**
- 1/4 tsp **oregano**, dried
- **pepper**, to taste

*Note: Types of white fish to use are cod, tilapia, halibut, snapper, haddock, catfish, or grouper.*

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## Directions

1. If using frozen fillets, thaw fish according to package directions.
2. Preheat oven to 350°F.
3. Separate fish into four fillets or pieces. Place fish on a baking sheet or in an oven-safe dish.
4. Combine paprika, garlic powder, onion powder, pepper, and oregano in a small bowl.
5. Sprinkle seasoning mixture and lemon juice evenly over fish.
6. Drizzle butter evenly over fish.
7. Bake for about 20-25 minutes until fish flakes easily with a fork.

*Recipe adapted from Main SNAP Ed*