

Zesty Lemon Fish

Rating: ★★★★★

Makes: 2 Servings

Ingredients

- 1/2 pound** fish fillets (whitefish, cod or halibut)
- 1/2** onion, small (sliced)
- 2 tablespoons** lemon juice
- 1/2 teaspoon** canola oil
- 3/4 teaspoon** lemon pepper
- 1/2 teaspoon** dried parsley
dried paprika (optional)

Directions

1. Separate fish into two serving size pieces. Place on an ungreased baking sheet.
2. Top with onion slices.
3. Drizzle lemon juice and oil evenly over fish.
4. Sprinkle lemon pepper, parsley, and dust with paprika (optional).
5. Cover and let stand for 5 minutes. Bake at 350°F for 20 minutes, or until fish flakes easily with fork.

Notes

Halibut used for costing and nutrition analysis.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	114	
Total Fat	3 g	5%
Protein	18 g	
Carbohydrates	3 g	1%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	198 mg	8%
MyPlate Food Groups		
Protein Foods	3 ounces	