

BAKED SPICY FISH

4 Servings, about 3 ounces each

Cod fillets, fresh or frozen	1 pound
Paprika	1/4 teaspoon
Garlic powder	1/4 teaspoon
Onion powder	1/4 teaspoon
Pepper	1/8 teaspoon
Ground oregano	1/8 teaspoon
Ground thyme	1/8 teaspoon
Lemon juice	1 tablespoon
Margarine, melted	1-1/2 tablespoons

PREPARATION TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350° F.
3. Separate fish into four fillets or pieces. Place fish in ungreased 13- by 9- by 2-inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.
5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

PER SERVING:

Calories	140
Total fat	5 grams
Saturated fat	1 gram
Cholesterol	51 milligrams
Sodium	123 milligrams