

Baked White Fish

Yield: 6 servings

Ingredients

1.5 lb white fish
1 tablespoon olive oil
1 teaspoon chili powder
½ teaspoon salt, kosher
black pepper to taste
2 tablespoons fresh lime juice
2 tablespoons cilantro, fresh,
chopped

Instructions

1. Preheat oven to 400 degrees
2. Portion fish into 4 ounce portions.
3. Coat fish on each side with olive oil, chili powder, salt, and pepper. Place fish on a parchment or foil lined tray.
4. Bake fish in oven until opaque and it flakes with a fork, about 10 to 15 minutes (depending on the thickness of the fish). Do not overcook fish as it will become dry.
5. Remove fish from the oven, and top with lime juice and cilantro before serving.

Nutrition Information

Serving Size: 4 oz

Calories: 156
Total Fat: 8 g
Saturated Fat: 1.5 g
Monounsaturated Fat: 4 g
Polyunsaturated fat: 73 g
Sodium: 165 mg
Total Carbohydrate: 0 g
Dietary Fiber: 0 g
Sugars: 0 g
Protein: 20 g

Source: Health Meets Food

Presented by
Culinary Medicine