

Greek Style Fish



Ingredients



- White fish (We used Cod.)
- Juice from 1 lemon.
- Dash of salt
- 2 tsp. ground black pepper
- 2 tsp. dried oregano
- 2 tsp. dried basil

Directions



1. Wash hands for 20 seconds using warm water and soap, making sure to wash wrists, underneath finger nails, and in between fingers.
2. If using frozen fish, defrost in the refrigerator in a bowl.
3. Pre-heat oven to 350 degrees Fahrenheit. Line a cookie sheet with parchment paper.
4. Place fillets of fish on parchment paper. Wash hands again to prevent cross contamination.
5. Season fish with juice from $\frac{1}{2}$ a lemon and half of the spices. Flip fish over and season other side with the remaining lemon juice and spices. If possible, try to “catch” lemon seeds before they hit the fish.
6. Place fish in oven to cook for 30 minutes, or until the internal temperature equals 145 degrees Fahrenheit.
7. Serve and Enjoy!

Nutritional Information



- Serving Size: 1 fish fillet
- Calories: 326
- Carbohydrates: 30.8g
- Protein: 45g
- Fat: 21.8g