

Roasted Fish, Citrus and Herbs

Serves 4

1 tbsp chopped fresh parsley
1 tbsp chopped fresh thyme
1 tbsp minced garlic
2 tsp grated lemon rind
2 tsp grated lime rind
½ tsp freshly ground black pepper
1 ½ pounds salmon, cod or tilapia fillet
Olive oil cooking spray

Preheat oven to 400 degrees

Combine parsley, thyme, garlic, lemon rind, lime rind, and pepper in a small bowl

Coat a roasting pan with cooking spray

Sprinkle herb mixture over fish fillets

Bake for 12-15 minutes or until fish flakes with a fork (cooking time changes with thickness of the fish fillets)

Per serving:

144 calories

1 g carbohydrates

30.5 g protein

1 g fat

.23 g sat fat

73 mg cholesterol

93 mg sodium

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