

Spicy Baked Fish

4 SERVINGS, ABOUT 1 PIECE (3 OZ.) EACH



Ingredients:

- 1 pound cod (or other fish) fillet
- 1 Tbsp. olive oil
- 1 tsp. spicy seasoning, salt-free

Directions:

1. Preheat oven to 350°F. Spray a casserole dish with cooking oil spray.
2. Wash and dry fish. Place in dish. Mix oil and seasoning. Drizzle over fish.
3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. Serve with rice. If you do, count 1/3 cup rice as 1 grains & starches.

Per Serving: 133 Calories; 1 gram Total fat; 0 gram Saturated fat; 119 mg Sodium
3 ounces = 3 protein ounces