

Spicy baked fish



Recipe credit

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

About this recipe

Serves

4

Serving size

4 oz. prepared fish or 1/4 of recipe (123g)

Ingredients

- 16 ounces salmon (fresh or frozen, or any white fish)
- 1/4 teaspoon paprika
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/8 teaspoon oregano (dried)
- 1/8 teaspoon thyme (dried)
- 1 tablespoon lemon juice
- 1 1/2 tablespoons margarine (soft melted)

Directions

1. If using frozen fish, thaw in refrigerator according to package directions.
2. Preheat oven to 350 degrees.
3. Separate (or cut) fish into 4 pieces. Place fish in a 9x13x2 inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in a small bowl.
5. Sprinkle herb mixture (step 4 mixture) and lemon juice evenly over the fish. Then drizzle melted margarine on top.
6. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

Tips and variations

- Add slices of lemon or dill as an additional garnish

Nutritional info

Calories

239

Total fat

3 g

Saturated fat

3 g

Cholesterol

61 mg

Sodium

94 mg

Total carbohydrates

1 g

Dietary fiber

0 g

Protein

21 g

Total sugar

0 g

Allergens

Fish

Dairy

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