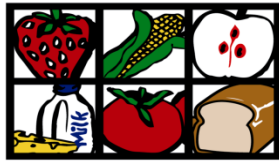


Eat Smart New York!



Eat Better For Less!

Recipe of the Week

Zesty Lemon Fish

Yield: 2 Servings

Ingredients:

- 1/2 pound fish fillets (whitefish, cod or halibut)
- 1/2 onion, small (sliced)
- 2 tablespoons lemon juice
- 1/2 teaspoon canola oil
- 3/4 teaspoons lemon pepper
- 1/2 teaspoon dried parsley
- dried paprika (optional)



Directions:

1. Separate fish into two serving size pieces. Place on an ungreased baking sheet.
2. Top with onion slices.
3. Drizzle lemon juice and oil evenly over fish.
4. Sprinkle lemon pepper, parsley, and dust with paprika (optional).
5. Cover and let stand for 5 minutes. Bake at 350°F for 20 minutes, or until fish flakes easily with fork.

Nutrition Facts: Calories, 150; Calories from fat, 25; Total fat, 3g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 70mg; Sodium, 95mg; Total Carbohydrate, 3g; Fiber, 0g; Protein, 26g; Vit. A, 2%; Vit. C, 8%; Calcium, 2%; Iron, 2%.

Source: <http://recipefinder.nal.usda.gov/>



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