



Baked Fish with Herbs

Serves 4

4 fish fillets Tilapia or haddock (6 ounces each)
Salt & Pepper to taste
3 Tbls. Low fat mayonnaise
½ cup Chopped parsley
2 Tbls. Chopped herbs (dill, cilantro, tarragon or chives)
Lemon wedges

- Preheat oven to 375°. Place fish on a baking sheet, flat side down.
- Season each fillet with salt and pepper.
- Divide mayonnaise evenly over top of fillets, coating evenly.
- Sprinkle fish with parsley and herb of choice.
- Bake until opaque throughout, about 15 minutes.
- Serve with lemon or sprinkle lemon juice on wedge.

Recipe adapted from *Marthastewart.com*

Nutritional Information:

Calories: 259
Total fat: 6.6g
Saturated fat: 1.28g
Carbohydrate: 1.42g
Fiber: .2g
Protein: 45g
Sodium: 300mg