

Herb & Lemon Baked Striped Bass

Ingredients

- 4 (6 ounce) Skinless Striped Bass Fillets
- 1 Lemon
- 1 Tablespoon Extra-Virgin Olive Oil
- 1 Teaspoon Chopped Fresh Thyme
- 1 Teaspoon Chopped Fresh Oregano
- 1/4 Teaspoon Salt
- 1/4 Teaspoon Fresh Ground Black Pepper

Preparation

1. Preheat oven to 425 degrees Fahrenheit.
2. Rinse fish in cold water and pat dry with paper towels to remove any water from the fillets.
3. Coat a baking sheet with olive oil.
4. Place fish in baking sheet.
5. Grate lemon rind to measure 1 teaspoon.
6. Juice lemon to measure 1 tablespoon.
7. Combine rind, juice, olive oil, thyme, oregano, salt, and pepper and whisk.
8. Drizzle mixture over fish.
9. Bake at 425 degrees for 12 minutes or until fish is opaque and flakes easily with a knife.

Nutrition Facts

Per Serving: 197 calories; fat 7.5g; saturated fat 1.4g; mono fat 3.6g; poly fat 1.8g; protein 30.2g; carbohydrates 0.6g; fiber 0.1g; cholesterol 136mg; iron 1.5mg; sodium 264mg; calcium 29mg.