



Northeast Georgia Medical Center

BARIATRIC WEIGHT LOSS CENTER



Garlic Lemon Baked Fish

Serving Size: 3oz

Ingredients:

- 1 ½ lb white fish
- 3 Tbsp olive oil
- 3 garlic cloves, crushed or finely minced
- Zest of 1 lemon, reserve zested lemon for slices
- salt
- black pepper
- Fresh herb (parsley, cilantro or any preferred herb)

Steps:

1. Preheat oven to 425° F.
2. Add olive oil into a small pan over low heat (just enough heat to warm up the garlic and allow it to release its juices into the oil).
3. Add garlic to the oil and cook for 1 minute. Make sure not to let the garlic toast or burn.
4. Remove pan from the heat source and add lemon zest, then set mixture aside.
5. Season fish fillets with salt and pepper to taste.
6. Slice the zested lemon into ¼ inch slices. Lay the lemon slices on the bottom of a deep dish baking pan. Then arrange fish fillets on top of the lemon slices.
7. Using a brush, coat the fish with the garlic and lemon olive oil mixture.
8. Place baking dish into the oven and cook for at least 15 min or until fish flakes easily when pierced with a fork.
9. Once fish is cooked, remove from the oven, top with parsley and serve.

Nutrition Facts (per serving):

Calories: 212, Protein: 22g, Fat: 13g, Carbohydrates: 0g, Sugars: 0g