

FAST Flavorful Fish Dinner

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NOTE: I'm from the East Coast and love fresh fish. I live in the Midwest and the best option here is flash frozen, which is why I use it in this recipe. If you're lucky enough to have access to fresh fish, adjust your temperature to 350 degrees and watch closely, it'll cook much faster.

Ingredients (per serving):

6 - 8 oz frozen fillet of white flaky fish: cod, tilapia, snapper, etc.

1/8 tsp salt

1/4 tsp lemon pepper

1/4 tsp dried dill

1 green onion

4 slices red pepper

1/2 TBSP butter

1/4 tsp paprika

3 cherry tomatoes

1 slice lemon

OPT: Serve over rice on a bed of fresh spinach

Directions:

*Turn oven on to 425 degrees.

*Grease a cooking dish and place frozen fish in the dish.

*Chop the green onion and the red pepper slices.

*Sprinkle fish with salt, lemon pepper and dill. Top with the green onion and red pepper.

*Break the butter up and dollop over the fish. Sprinkle with paprika.

*Put fish in the heating oven. While fish is cooking, quarter the cherry tomatoes.

*The amount of time your fish will take to cook will depend on how thick it is. Once the oven reaches temperature, start testing the fish regularly. It's ready when the fish is no longer translucent and it flakes with a fork.

*Top fish with cherry tomato and serve with lemon.