

SERVES 4



Ingredients:

- 4 Alaska Pollock fish fillets, thawed (approx. 1/2 lb. each)
- 1 Tbsp. vegetable oil (optional)
- 1 tsp. dried basil
- 1 tsp. dried rosemary
- 1 tsp. dried parsley
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. dried sage
- 1/2 tsp. dried thyme
- 1/2 tsp. dried marjoram
- 1/4 tsp. dried oregano
- 1/4 tsp. garlic powder

Instructions:

1. Preheat oven to 450 degrees (or 425 for convection oven).
2. Thaw fish fillets and pat dry. Place fish on a greased baking sheet.
3. Combine all the spices in a small mixing bowl. Mix in a little vegetable oil (optional) and spread over the top of the fish.
4. Bake for 8 to 12 minutes or until internal temperature reaches 145 degrees.

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RECIPE CARD

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