



Baked Whitefish

Makes 8 child sized servings

Preparation time: 10 minutes

Cooking time: 20 minutes

Preheat oven to 350°F

Equipment List

- Baking pan or cookie sheet
- Cutting knife
- Cutting board
- Measuring spoons

Nutrition Information

Energy	145 calories
Total Fat	3.3 g
Saturated Fat	0.5 g
Sodium	195 mg
Carbohydrate	2.1 g
Fibre	1.3 g
Protein	9.7 g
Sugar	1.7 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Whitefish, fillets	2 fillets	2 fillets
Lemon	2 lemons	2 lemons
Margarine	1 teaspoon	5mL
Pepper	1 teaspoon	5mL
Salt	½ teaspoon	2mL



Instructions

- 1) Place fillets on a baking dish.
- 2) Sprinkle fillets with ½ teaspoon of pepper and ¼ teaspoon of salt and the juice of half a lemon each.
- 3) Slice the other lemon into thin slices.
- 4) Add ½ teaspoon of margarine onto each fillet.
- 5) Place lemon slices on top of fillets.
- 6) Bake fillets for 20 minutes.

Recipe taken from Healthy Family Program Collective Kitchen Recipe Book for Northern Cooks