

February Recipe of the Month

Mediterranean Baked Fish

Make it a goal to eat two fish meals a week. Research shows that eating oily fish - such as salmon, sardines, herring, and trout- that contain omega-3 fatty acids may help lower your risk of coronary artery disease.

Serves: 4

Serving size: 3½ oz.

- 1 pound fresh halibut, cod, or salmon
- 2 tsp olive oil
- 1 tsp chopped fresh thyme
- ¼ cup grated Parmesan cheese



Directions:

1. Preheat the oven to 425°F. Place the fish in a flat baking dish, skin side down.
2. Rub both sides with olive oil. Sprinkle the top with the thyme and cheese.
3. Bake for 10 minutes, or until the fish flakes easily with a fork. Serve immediately.

Per serving: 220 calories, 25g protein, 13g fat (3g saturated), 65mg cholesterol, 0g carbohydrate, 0g fiber, 0g sugar, 200mg sodium

% Daily Value: Vitamin A 2%, Vitamin C 4%, Calcium 10%, Iron 2%

*Recipe courtesy of Oldways