

# Lemon Butter Fish

Makes 4 Servings

## Ingredients:

4 -4oz tilapia fillets raw  
1 Tbsp olive oil extra virgin  
1 lemon sliced  
1 tsp paprika

## Butter Sauce

1 tsp butter or margarine unsalted  
3 Tbsp lemon juice  
Salt free seasoning garlic and herb season to taste.

## Directions:

1. Preheat oven to 350°F. Drizzle the olive oil over the bottom of a 13 x 9 inch baking dish. Place fish filets in dish and place lemon slices over the filets. Sprinkle with ground black pepper and paprika. Place in the oven, cook until fish turns opaque and flakes easily (10 minutes).
2. While fish is baking prepare the sauce by adding the butter or margarine to a small skillet and heat just until melted. Add the salt free seasoning and juice of a lemon.
3. When the fish is cooked throughout remove from the oven and drizzle with the lemon butter sauce.

## Nutrition Facts

servings per container  
Serving size (145g)

Amount per serving  
**Calories 150**

% Daily Value\*

Total Fat 6g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 60mg 3%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 4mcg 20%

Calcium 19mg 2%

Iron 1mg 6%

Potassium 397mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Family Conversation Starter:

Can you tell me one thing that you learned today that you think I might not know?

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