

BAKED ROCKFISH FILLET

Yield: Makes 4-6 servings

INGREDIENTS

1 1/2 lbs. rockfish fillets
1/2 c. slivered almonds
1/4 c. minced parsley (optional)
1/4 c. melted butter
2 tbsp. lemon or lime juice
1 tsp. salt
1/4 tsp. pepper

PREPARATION

Place fish fillets in shallow baking dish. Sprinkle with almonds and parsley (optional). Combine butter and lemon or lime juice; pour over fish and sprinkle with salt and pepper. Cover and bake in a 350 degree oven 10 minutes, then uncovered, until fish flakes easily with a fork, about 10 more minutes.

