

Baked Spicy Fish *Makes 4 servings, 3 ounces each*

1 lb. Cod fillets, fresh or frozen	1/8 teaspoon ground oregano
1/4 teaspoon paprika	1/8 teaspoon ground thyme
1/4 teaspoon garlic powder	1 Tablespoon lemon juice
1/4 teaspoon onion powder	1 1/2 Tablespoons soft margarine, melted
1/8 teaspoon pepper	

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350 degrees.
3. Separate fish into four fillets or pieces. Place fish in un-greased 13- by 9- by 2-inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.
5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.