

## Baked Fish *Makes 4—3 ounce servings*

1 pound fish fillets, fresh or frozen  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
1 Tablespoon soft margarine

1 Tablespoon lemon juice  
1 teaspoon grated onion  
Paprika if desired

1. If using frozen fish, thaw in refrigerator according to package directions.
  2. Preheat oven to 350 degrees.
  3. Sprinkle both sides of fish with salt and pepper.
  4. Mix soft margarine, lemon juice and onion.
  5. Arrange fish in ungreased square pan.
  6. Pour margarine mixture over fish.
  7. Bake until fish flakes easily with a fork, about 20 to 25 minutes.
  8. Sprinkle with paprika if desired before serving.
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