**Baked/Pan Seared/Grilled Fish**

RECIPE



**INGREDIENTS**

* 20 fish fillets, 4 oz each
* Salt and pepper
* Paprika
* Optional seasonings:

Seasoning salt in place of salt, basil,

onion powder, garlic powder, dried grated lemon peel, thyme, chives, lemon pepper, parsley, cumin, chili powder

**Spice Blend for Blackened Fish**

* 1 tablespoon garlic powder
* 2 tablespoons onion powder
* 1 tablespoon cayenne
* 2 tablespoons paprika
* 1 tablespoon salt
* 1 tablespoon black pepper
* 1 tablespoon dried thyme
* ¾ teaspoon cumin

**DIRECTIONS**

1. Rinse fish in cold water and pat dry with paper towels.
2. Preheat grill or pan medium to medium-high heat. Spray non-stick spray or rub light coat of oil on pan or grill surface.
3. Spray non-stick or brush light coat of oil on fish.
4. Season both sides of fish with salt, pepper and paprika. Season with optional seasonings if desired.
5. Grill fish for 3-5 minutes or until fish flakes easily with fork.
6. May also bake fish if so desired.

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| **Prep Time:** 10 minutes | **Cook Time:** 3-5 minutes | **Total Time:** 13-15 minutes | **Yield:** 20 servings |