**Mediterranean Baked Fish**

RECIPE

**INGREDIENTS**

* 24 fish fillets, 4 oz each
* 1/4 cup oil
* 2 large sweet onions, finely chopped
* 1 (#10) can zucchini and tomatoes
* 6 garlic cloves, chopped
* 1 tablespoon paprika
* Salt and pepper
* Juice of 2 lemons
* Zest of 2 lemons
* Parsley for garnish
* Optional Ingredients

cayenne pepper, black olives, green peppers

**DIRECTIONS**

1. Preheat oven to 350 degrees. Spray 2” pan with non-stick spray.
2. In a saucepan, heat oil over medium-high heat. Add onions, cook 3 minutes. Add tomatoes/zucchini, garlic, paprika, salt and pepper. Bring to a boil, turn heat down to medium-low and simmer for 15 minutes.
3. Pat fish dry and season with salt and pepper on both sides.
4. Pour 1/2 of the cooked sauce into the bottom of prepared pan. Arrange the fish on top. Add lemon juice and lemon zest, then top with the remaining sauce.
5. Bake for 18-22 minutes or until fish is cooked through and flakes easily and internal temperature reaches 165 degrees. Remove from heat and garnish with fresh parsley.

|  |  |  |  |
| --- | --- | --- | --- |
| **Prep Time:** 10 minutes | **Cook Time:** 33-37 minutes | **Total Time:** 43-47 minutes | **Yield:** 24 servings |