



## Simple Baked Fish



### INGREDIENTS

1 -1 1/2 lb tilapia fillet (or cod, haddock, or any other mild fish)  
4 tablespoons butter, melted  
2 teaspoons lemon juice  
1 -2 garlic clove, minced  
1 teaspoon sugar  
1/2 teaspoon pepper  
1/2 teaspoon thyme  
1 tablespoon chopped parsley  
1/3 cup breadcrumbs

### DIRECTIONS

Preheat oven to 425.

Lightly grease or spray a 13" x 9" (or larger) baking dish.

Rinse fish filets and pat dry. Set them in a single layer in the prepared baking dish. In a small bowl, combine melted butter, lemon juice, garlic, sugar, pepper, thyme and parsley. Stir well. Pour evenly over fish filets.

Sprinkle with the breadcrumbs.

Bake at 425 for about 20 minutes or until filets are opaque and flakey.