



## HERB & LEMON ROASTED STRIPED BASS

Basic Lifestyle

### INGREDIENTS

- 4 (6-ounce) striped bass fillets
- 1 lemon
- 1 TBS extra-virgin olive oil
- 1 TSP chopped fresh thyme
- 1 TSP chopped fresh oregano
- ¼ TSP salt
- ¼ TSP freshly ground black pepper

### INSTRUCTIONS

- Preheat oven to 425°F.
- Coat a baking sheet with cooking spray. Place fish on pan.
- Grate lemon rind to measure 1 TSP; juice lemon to measure 1 TBS. Combine rind, juice, oil, thyme, oregano, salt and black pepper; drizzle mixture over fish.
- Bake at 425°F for 13 minutes or until desired degree of doneness.

**SERVING INFO:** (Yields 4 servings)

1 fillet = 1 P

See photo at [Instagram](#) and [Facebook](#).