

“Fast Food” Fish

We call this “fast food” fish in our house because it can be prepped, baked, and eaten in the time it would take to run through the drive-through. It takes only a few ingredients and a little planning.

I highly recommend wild caught fish to make sure the fish oils are supreme. That’s tough to find fresh in my area, so I usually buy the fish frozen and move it to the fridge to thaw the night before.

And while you may already be familiar with the spice blend Old Bay, I’d like to illuminate it’s mold-conquering powers. The spices bay leaf, mustard, and paprika, are naturally antifungal and exceptional antioxidants...and tasty!

SUPPLIES

Glass baking dish

Butter knife

Sharp knife

INGREDIENTS

2 teaspoons organic, grass-fed butter

Old Bay Seasoning

12-14 ounces wild-caught fish of choice (cod, haddock, salmon, trout, tuna)

Lemon juice

DIRECTIONS

1. Preheat oven to 400°
2. Cut fish into smaller equal pieces for a faster bake time
3. Put a pat of butter under each piece of fish
4. Place fish on butter pats and spritz with lemon juice
5. Shake Old Bay Seasoning generously over fish
6. Bake uncovered for 10-15 minutes
7. Enjoy