

Sea Bass for Two



Crazy Good! And **Crazy Easy** to make!

Ingredients:

2 6-8 oz skinless frozen sea bass fillets	3 Tbsp Italian seasoning
1 garlic clove, minced or crushed (or 1 tsp garlic powder)	2 Tbsp lemon juice
3 Tbsp extra virgin olive oil	1 Tbsp ground black pepper
	2 tsp salt

Note: As with any recipe, seasonings should be customized to your taste.



Thaw fillets by placing in a sealed plastic bag and immersing in cold water for 15-20 minutes.

Preheat oven to 450°.

Mix together all ingredients, except fillets.

Rub fillets with seasoning and oil mixture.

Put fillets on foil-covered baking pan.

Bake for 15 minutes without turning. The fish will flake easily when it's done and will lose its translucent appearance. A good rule of thumb is to bake it to an internal temperature of 145°.

Serve with your favorite rice recipe (or baked potato) and green beans.