

Lemon Pepper Haddock



Serving size: 4 servings

INGREDIENTS

- 1 lb Haddock
- 1 tablespoon seasoning salt (we use Lawry's Salt Free 17)
- 0.5 tsp lemon zest
- 1.5 tablespoons margarine
- 1.5 tablespoons lemon juice
- 1/3 cup of salt-free Zesta crackers
- Pinch of parsley to garnish
- Lemon wedge to garnish

INSTRUCTIONS

1. Cut fish into appropriate size portions
2. Melt margarine and lemon juice together in a pan
3. Grind the crackers into a fine crumb and add Lawry's 17 seasoning and lemon zest.
4. Coat fish pieces with margarine mixture and dip into cracker crumbs, shaking off excess.
5. Bake for 35-45 minutes in the oven at 350 degrees F or until fish reaches internal temperature of 145 degrees F.
6. Garnish with a lemon wedge and fresh diced parsley