



## TEACHING KITCHEN **VIRTUAL WELLNESS** *Series*

### **April Rozzo, MS, RD, CSO, LD/N**

Watch as April Rozzo, Clinical Oncology Dietitian, demonstrates how to make one of her favorite healthy eating recipes.

### **KEY WEST INSPIRED BAKED WHITE FISH**

*Adapted from: [allrecipes.com/recipe/132522/key-west-style-baked-grouper/](https://www.allrecipes.com/recipe/132522/key-west-style-baked-grouper/)*

#### **Ingredients/Shopping List**

- ½ - 1 teaspoon olive oil (just enough to coat the bottom of a baking dish)
- 4 tablespoons room temperature butter
- 4 (8 ounce) fillets of white fish (such as grouper, mahi mahi, red snapper, tilapia)
- ½ teaspoon salt
- 1 tablespoon lemon pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- Zest of 1 lime and 1 orange
- ¼ cup key lime juice (regular lime juice will work also)
- ¼ cup fresh orange juice
- 8 slices lime
- 12 slices orange

#### **Instructions**

1. Preheat oven to 400 degrees F. Brush olive oil to coat the bottom of a 9x13-inch baking dish and set aside.
2. Season the fish fillets with salt, lemon pepper, garlic powder, onion powder, and zest. Cut butter into small pieces and place on top of the fish fillets. It's ok if the butter doesn't cover every inch of the fish.
3. Pour in the lime and orange juice, then cover each fillet with 2 slices of lime and 3 slices of orange.
4. Bake in preheated oven until fish is opaque and flakes easily with a fork, about 15 minutes.

[FLCancer.com/Virtual-Classes](https://FLCancer.com/Virtual-Classes)