

## **Baked Tilapia with Lemon-Caper Sauce**

This is a very simple quick recipe. Tilapia is also known as St. Peter's fish. It is a farm raised fresh water fish from warm waters. It is very sweet and versatile to cook. It is available in the winter months. To make this a balanced meal, serve with fresh steamed swiss chard and wild rice and lentils.

1 lemon juiced  
1 clove garlic finely minced  
Handful fresh parsley finely chopped  
2 Tablespoons capers (rinsed before using)  
1 Tablespoon olive oil  
Sea salt  
Paprika  
Pepper  
Chili powder

Preheat oven 400 degrees.

Mix together lemon, garlic, parsley, olive oil and spread on fish. Sprinkle fish with seasonings, apply liberally as this fish needs it.

Bake for 10-14 minutes depending on thickness of fish.