



Spiced Baked Tilapia  
(Serves 4)

- 2 lbs of tilapia fillets
- 1/4 cup of olive oil
- 1 teaspoon old bay seasoning
- 1 teaspoon garlic salt
- 1 lemon sliced (optional)

Heat oven to 425 and line cookie sheet with tinfoil.  
Mix spices and oil . Coat fish fillets. Place in dish top with a lemon slice  
Bake for 20 minutes or until fish is done.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Meatless.html>