

Baked Walleye

Makes: 2 servings

Ingredients:

- 2 walleye fillets (pickerel) ~4 ounces each
- 2 cloves of garlic, minced
- 1 tbsp. (15 ml) melted non hydrogenated margarine (or low salt margarine)
- 1 tsp. (5 ml) pepper
- 1 tsp. (5ml) basil or oregano or thyme, dried (or 1 tbsp. for fresh herbs)
- Zest of 1 lemon



Method:

1. Preheat Oven to 400° F
2. Mix melted margarine, minced garlic, pepper, herbs and lemon zest.
3. Place fillets in a baking dish and pour mixture over fish fillets.
4. Bake 15 minutes or until the fish is opaque.

Reference: adapted from Dietitians of Canada 2016;

www.dietitians.ca/indigenousRecipes

Nutrition Facts per serving (4 oz. fish fillet):

Calories 142 kcal

Protein 20g

Sodium ~ 165 mg

Potassium ~370 mg

Phosphorus ~420 mg