MOROCCAN CATCH

INGREDIENTS:

2 EACH	CATCH FILETS, 4 OUNCES
½ TEASPOON	CINNAMON
½ TEASPOON	CUMIN
¼ TEASPOON	SALT
¾ TEASPOON	LIGHT BROWN SUGAR
PINCH	CAYENNE
½ TEASPOON	OLIVE OIL

METHOD:

- Preheat oven to 375˚F.
- Lightly spray baking sheet with cooking spray.
- Mix all dry spices.
- Sprinkle ¼ teaspoon of spice mixture on each piece of fish.
- Preheat sauté pan with ½ teaspoon of olive oil.
- Place seasoned side down in to the preheated pan, sear for 2 minutes or until the fish will flip easily and sear for another two minutes.
- Place seared fish onto the greased sheet pan and bake in oven 7-12 minutes or until the internal temperature reaches 140 degrees F.
- Let rest for 3-4 minutes so the temperature carry over cooks to 145 degrees F.
- Serve and enjoy!

Serves: 4
Serving Size: 1 fillet (4 ounce)
Calories: 180
Fat: 8 gm **Sodium:** 310 mg **Carbohydrates:** 2 gm **Protein:** 26 gm **Fiber:** 0 gm