

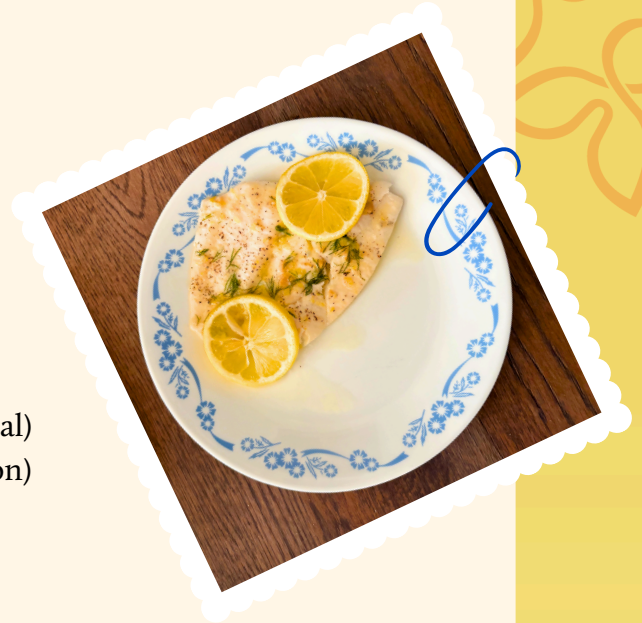
# A Simple Sauce for Any Fish

by Barb Szyszkiewicz

Makes 4 servings

## Ingredients

- 4 fish fillets (any kind you like)
- 1 TBSP olive oil
- Salt and pepper to taste
- 2 TBSP butter, melted
- Zest of 1 lemon
- Juice of 1/2 lemon
- 2 tsp Dijon mustard
- 2 TBSP chopped fresh dill
- Sprinkle of crushed red pepper flakes (optional)
- Lemon slices (from the other half of the lemon)



## Directions

Preheat oven to 400°F.

Place fish fillets in prepared pan and drizzle olive oil over the top. Season to taste with salt and pepper.

Combine melted butter, lemon zest, lemon juice, mustard, and dill. Spoon over top of fish fillets. Sprinkle with crushed red pepper if desired.

Add slices of lemon to baking pan.

Bake for the recommended time for the type of fish you're using: thick fillets such as salmon take about 20 minutes; thinner ones (flounder, tilapia) are done in 10 to 12 minutes.



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