

Baked Whiting Fillet

Ingredients

- 4 whiting fish fillets
- ½ cup milk, or as needed
- 1 pinch garlic powder, or more to taste
- 1 pinch onion powder, or more to taste
- 1 pinch paprika, or more to taste
- salt to taste
- 1 Roma (plum) tomato, diced
- 4 teaspoons butter, or more to taste
- 2 lemons, halved, or more to taste (Optional)

Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Place whiting fillets in a baking dish and add enough milk to cover the entire bottom of the dish. Season fillets with garlic powder, onion powder, paprika, and salt. Top each fillet with at least 3 tomato pieces. Add butter to each fillet. Squeeze 1 lemon half over each fillet.
3. Bake in the preheated oven until fish flakes easily with a fork, 30 to 45 minutes.