

## Mediterranean Spice Baked Pollock

### Ingredients

- 1 lb. pollock fish fillets
- 2 tablespoons FODY Garlic Infused Oil
- 1 teaspoon dried, crushed rosemary (or 1 tablespoon fresh)
- 1 teaspoon ground cumin ☒      1 teaspoon ground coriander
- ½ teaspoon ground paprika
- ½ teaspoon dried oregano
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- Lemon wedges and parsley or cilantro for serving

### Instructions

1. Heat oven to 400 degrees F. Line a large baking sheet with foil and lightly coat with non-stick cooking spray.
2. Place fish fillets on prepared baking sheet.
3. In a small bowl, whisk together the oil, rosemary, cumin, coriander, oregano, cinnamon, salt, and pepper. Spread evenly over the fish fillets.
4. Bake 15 minutes, or until fish flakes easily with a fork. Squeeze fresh lemon juice over top and serve with fresh parsley or cilantro if desired.