



Easy Baked Chilean Sea Bass

Chilean sea bass is white fish rich in the omega-3 unsaturated oils, with a unique large-flake texture, but the fish is quite mild in flavor. The oils also make it a little easier to cook, because it won't toughen up if a little overcooked.

INGREDIENTS:

- olive oil
- 4 Chilean sea bass fillets, about 6 ounces each
- salt and pepper
- Cajun or Creole seasoning, or a seasoning combination of your choice
- Fresh Parsley

PREPARATION:

Heat oven to 425°.

Oil broiler pan rack pan or baking pan with olive oil. Place sea bass on the rack or in pan and sprinkle with seasonings; turn and season the other side. Bake at 425° for about 15 to 20 minutes.

The time depends on thickness of the fish, which can vary. Serve with chopped fresh parsley.