

East Fish

2 tilapia or white fish thawed in baking dish

Sprinkle garlic powder to cover fish

1 tsp. of oregano

Salt and Pepper to taste

2 pats of real butter on the fish & 1 or 2 in the dish

Sprinkle grated parmesan cheese on top

Bake at 350 degrees 10-15 minutes until fish flakes easily