



# Herb-Crusted Baked Grouper

## Ingredients

- 4 6-ounce Florida grouper fillets
- 2 tablespoons olive oil
- salt to taste
- black pepper, freshly ground, to taste
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 4 tablespoons butter, melted
- 1 small yellow Florida onion, sliced

## Preparation

Preheat oven to 350 degrees F. Coat grouper liberally with olive oil. In a flat dish, crumble the herbs and mix well. Roll each filet in herb mixture, lightly coating each side. Season the filets with salt and fresh ground pepper. Place filets in a baking dish with onions; drizzle the melted butter evenly over the herbed filets. Place in oven and cook for 20 minutes until opaque in the center. Remove and serve fillets topped with onions.

## Yield

4 servings

## Nutritional Value Per Serving

Calories 211, Calories From Fat 168, Total Fat 19g, Saturated Fat 8g, Trans Fatty Acid 1g, Cholesterol 41mg, Total Carbohydrates 6g, Protein 6g, Omega 3 Fatty Acid 0.00g

## Nutritional Value Per Serving

Calories 696, Calories From Fat 252, Total Fat 28g, Saturated Fat 10g, Cholesterol 346mg, Total Carbohydrate 27g, Protein 80g



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