Honey Lime Perch Filets

zest and juice of 1 lime

1 Tablespoon olive oil

1 1/2 Tablespoons honey

1/2 teaspoon salt

1/2 teaspoon pepper

1 clove garlic, minced

3-4 perch filets

1/2 cup flour

salt and pepper

Combine lime zest, lime juice, oil, honey, salt, pepper and garlic.

Pour marinade over fish, cover and refrigerate 1-4 hours.

Combine flour with salt and pepper.

Remove fish from marinade and dredge in flour mixture.

Heat oil in skillet and brown fish on both sides.

Transfer skillet to a 350 degree oven.

Cook until fish is translucent and cooked through.