Crispy Parmesan Baked Fish

Try this delicious, crispy, baked fish recipe as part of a quick dinner!

Makes: 8 servings

Prep Time: 20 mins Cook Time: 15 mins

Source: foodhero.org - crispy parmesan baked

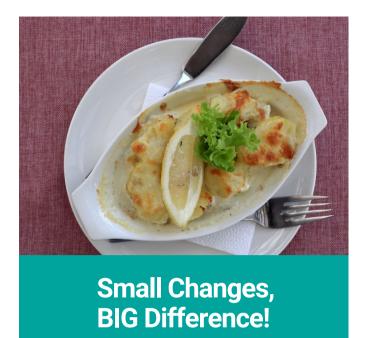
fish

Ingredients

- 3/4 cup plain bread crumbs
- 1/4 cup grated parmesan cheese
- 1/4 teaspoon ground thyme
- 1/4 teaspoon onion powder
- 1/8 teaspoon paprika
- 3/4 cup nonfat or 1% milk
- 4 fish fillets, about 2 pounds (try any white fish)

Directions

- Preheat oven to 500 degrees F. Lightly spray a baking sheet with cooking spray.
- In a small bowl, mix together bread crumbs, parmesan cheese, thyme, onion powder and paprika.
- 3. Place crumbs on a flat plate or sheet of wax paper.
- 4. Dip the fish fillets in milk then press into the crumb mixture to coat all sides. Discard leftover bread crumbs and milk.
- 5. Place fish on the baking sheet in a single layer. Bake until the fish is opaque and flakes easily in the thickest part, about 15 minutes depending on thickness of fish.
- 6. Refrigerate leftovers within 2 hours.







Serving Size: 1/8 of recipe Nutrients Amount Calories: 140 Total Fat: 2 g Saturated Fat: 0.5 g Cholesterol: 45 mg Sodium: 180 mg Total Carbohydrates: 9 g Dietary Fiber: 0 g Total Sugars: 2 g

Nutrition Information

Utensils Needed

Added Sugars:

Protein

<u>0 g</u>

21 g

- · Baking sheet
- Small bowl
- Spoon
- Plate
- Measuring cups
- Measuring spoons



SHOPPING LIST

Average total cost without oil and seasonings: \$11.63

Average cost/serving: \$1.45

Recipe Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart Plain Bread Crumbs (24 oz)



Add 1 to Cart Nonfat Milk (1 quart)



Add 1 to Cart Grated Parmesan Cheese (8 oz)



Add 1 to Cart Fish Fillets, any white fish (2 lb)

SAVE TIME, SAVE MONEY

Preparation Tips

- White fish is generally mild in flavor and can be interchangeable in recipes.
- For this recipe, try any type of white fish you like.
 Some suggestions include:
 - o tilapia
 - halibut
 - grouper
 - haddock
 - \circ cod
- Use leftover cooked fish to make fish tacos or add to salads.

Similar Recipes

- Consider trying other recipes with similar ingredients found on snapedny.org, such as:
 - Fish Taco Salad
 - Roasted Fish Crispy Slaw Wrap
 - o Baked Fish & Vegetables



M	/ Cooking	Notes