

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

1. Preheat oven to 500 degrees F. Lightly spray a baking sheet with cooking spray.
2. 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.



Small Changes,
BIG Difference!



Nutrition Information

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
Added Sugars:	0 g
Protein	21 g

Utensils Needed

- 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

My Cooking Notes

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:
 - tilapia
 - halibut
 - grouper
 - haddock
 - 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
 - Baked Fish & Vegetables