



Crispy Parmesan Baked Fish

Servings 8 | Prep time 20 mins | Total time 35 mins.

Equipment: 2 small bowls, Flat plate or baking sheet, Baking sheet

Utensils: Stirring spoon, Measuring cups and spoons

Ingredients

Non-stick spray

3/4 cup plain bread crumbs

1/4 cup grated Parmesan cheese

1/8 teaspoon paprika

1/4 teaspoon ground thyme

1/4 teaspoon onion powder

3/4 cup low-fat milk

2 pounds white fish fillets (such as tilapia or cod)

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Preheat oven to 450 degrees. Lightly spray a baking sheet with non-stick spray.
3. In a small bowl, mix bread crumbs, Parmesan cheese, paprika, thyme, and onion powder.
4. Place bread crumbs on a flat plate or baking sheet.
5. Add the milk to a small bowl. Dip the fish fillets in bowl with milk. Press fish down firmly into bread crumbs to coat on all sides. Throw away leftover bread crumbs and milk.
6. Place fish on the baking sheet in a single layer. Bake until the fish is white and flakes easily in the thickest part, about 15-18 minutes depending on thickness of fish. (Safe internal temperature for fish is 145 degrees)

Nutritional Information:

Calories 140

Total Fat 2g

Sodium 260mg

Total Carbs 9g

Protein 21g