

Parmesan Crusted Fish



This simple dinner makes easy work of adding more fish to your weekly diet. Try adding other quick cooking vegetables, too!

YIELD	PREP TIME	TOTAL TIME
4 SERVINGS	15 MIN	30 MIN

INGREDIENTS

As Needed	Nonstick Cooking Spray
1 lb	White Fish, such as cod, drum, haddock, halibut, or grouper, cut into 4 oz fillets
1 Tbsp	Parmesan, grated (about ½ oz)
1 tsp	Garlic Powder
½ tsp	Parsley, dried
To Taste	Black Pepper
1 Tbsp	Butter, unsalted
1 pint	Cherry Tomatoes
1 each	Lemon, cut into wedges

CHEF'S NOTES

A little butter can go a long way! In this recipe, we use just one Tablespoon of butter with garlic powder to give mild white fish a garlic butter flavor while keeping calories and saturated fat in check.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat the oven to 375°F. Line a sheet tray with parchment paper and spray with nonstick cooking spray.
2. If the filets are thin, roll each one to create a thicker portion, placing seam side down on the prepared sheet tray.
3. In a small bowl, combine the parmesan, garlic powder, parsley, and black pepper. Set aside.
4. Place the butter in a microwave safe bowl and microwave until melted butter. Use a pastry brush to lightly brush the fish fillets with the melted butter.
5. Using a spoon, cover each fish fillet with the parmesan mixture.
6. Add the cherry tomatoes to the baking sheet around the fish and spray lightly with nonstick cooking spray.
7. Place in the oven and bake until the fish reaches an internal temperature of 145°F and the tomatoes are soft, about 10-15 minutes.
8. Serve each portion of fish with a lemon wedge.

Nutrition Facts

4 servings per container

Serving size 4 oz fish (206g)

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 4g 5%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 360mg 16%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 18g 36%

Vitamin D 0.6mcg 2%

Calcium 20mg 2%

Iron 0.4mg 2%

Potassium 290mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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