

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 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

As Needed	Nonstick Cooking Spray
1 lb	White Fish, such as cod, drum, haddock, halibut, or grouper, cut into 4 oz fillets
1 tsp	Garlic Powder
½ tsp	Parsley, dried
1 Tbsp	Parmesan, grated
To Taste	Black Pepper
1 tsp	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 teaspoon of butter 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 baking sheet with parchment paper or foil and spray with nonstick cooking spray.
2. Place the four, 4oz fish fillets on the prepared baking sheet.
3. In a small bowl, combine the garlic powder, parsley, parmesan, and black pepper. Set aside.
4. Using the microwave, melt the butter. Use a pastry brush to lightly brush the fish 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 (205 g)

Amount per serving

Calories 130

% Daily Value *

Total Fat 2.5g 3%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 115mg 5%

Total Carbohydrate 4g 0%

Dietary Fiber less than 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 22g 43%

Vitamin D 1mcg 5%

Calcium 60mg 4%

Iron 0.53mg 3%

Potassium 700mg 14%

*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.

Recipe adapted from Health meets Food, "Parmesan Crusted Fish – Virtual" (1/6/21)



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