



Baked Parmesan Fish

Info:

Makes 4 Servings 140 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1/3 Cup Grated Parmesan Cheese
- ❖ 1/8 Cup Breadcrumbs
- ❖ 1/2 tsp Paprika
- ❖ 1/4 tsp Salt
- ❖ 1/8 tsp Ground Pepper
- ❖ 1/4 Cup Egg Beaters
- ❖ 1lb Orange Roughy (4 fillets)
- ❖ Cooking Spray

Preparation:



1. Preheat oven to 350°
2. In a shallow bowl combine the parmesan cheese, breadcrumbs, paprika, salt and pepper
3. Pour egg beaters on a plate
4. Dip one side of each fish fillet into the egg, then into the parmesan mixture, coating only one side
5. Use cooking spray on baking sheet, bake fillets cheese-side up for 25-30 minutes