**Parmesan-Crusted Fish**  
**Serves 4**  
This fish tastes like it came from a gourmet restaurant. Parmesan, mayonnaise and breadcrumbs combine to make a moist, tender fish with a crispy topping. Choose whatever fish you like. It also works well with chicken breast.

**Ingredients**  
4 (4-ounce) fish filets - whatever fish you like  
Cooking oil spray  
1 small lemon  
¼ cup grated parmesan cheese  
¼ cup reduced-fat mayonnaise  
½ teaspoon Worcestershire sauce  
¼ teaspoon pepper  
½ cup panko breadcrumbs  
2 tablespoons fresh parsley, finely chopped

**Directions**  
1. Preheat oven to 400 degrees F. Coat a baking sheet with cooking oil spray.  
2. Place fish filets on baking sheet.  
3. Zest the lemon (using a grater, remove the yellow part of the lemon). Then cut the lemon into wedges for garnish.  
4. In a small bowl, combine the parmesan cheese, mayonnaise, lemon zest, Worcestershire sauce, and pepper. Spread evenly over filets.  
5. Sprinkle each filet with 2 tablespoons of breadcrumbs. Lightly spray with cooking oil spray.  
6. Bake for 10 -15 minutes, until fish flakes with a fork. Garnish with parsley and lemon wedges.

**Serving Suggestions:** This dish goes great with green beans and brown rice.

**Nutritional Information per Serving:**
- Calories: 204  
- Carbohydrates: 10g  
- Total Fat: 6g  
- Cholesterol: 67mg  
- Saturated Fat: 3g  
- Dietary Fiber: 0g  
- Protein: 25g  
- Sodium: 317mg