

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



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