

Baked Parmesan Fish

Rating: ★★★★★

Makes: 4 Servings

Ingredients

- 1/3 cup parmesan cheese, non-fat (grated)
- 1/3 tablespoon flour, all-purpose (1 teaspoon)
- 1 teaspoon thyme sprigs (leaves removed and crushed)
- 4 fish fillets (white fish, 6 ounces each)
- 1 medium onion (chopped)
- 1 cup halved mushroom caps
- 1/2 cup green onions (finely sliced)
- 1 cloves garlic (crushed)

Directions

- 1) Preheat oven to 350°F. Place cheese, flour and thyme in paper bag.
- 2) Individually coat fish by gently shaking in bag; discard coating ingredients.
- 3) Place fillets in baking pan on rack. Bake for 20 minutes or until fish flakes easily when tested with fork.
- 4) Heat skillet over medium-high heat. Add onion, mushrooms, green onions, and garlic. Cook, stirring frequently, until onions are tender. Season with ground black pepper.
- 5) Serve baked fish topped with mushroom mixture.

Notes

- Atlantic cod fillets used in nutrition analysis.
- Suggest serving over pasta or rice.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	239	
Total Fat	2 g	3%
Protein	45 g	
Carbohydrates	8 g	3%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	249 mg	10%

MyPlate Food Groups

Vegetables	1/2 cup
Protein Foods	6 ounces
Dairy	1/4 cup

