



Baked Parmesan Fish



Adapted from:

ONIE Project - Oklahoma Nutrition Information and Education

Ingredients



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



Directions



Yield: 4 servings Serving size: 1 fillet

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.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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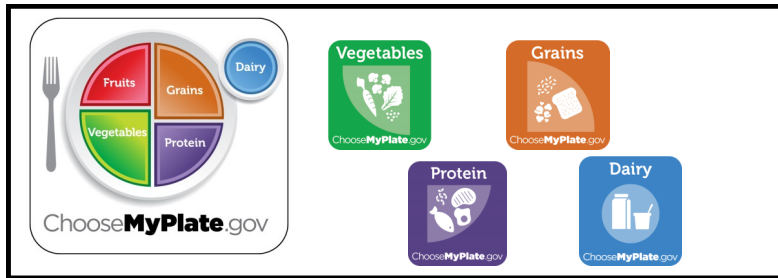
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Fast Facts



Featured Food Groups



Cooking Tips



- Atlantic cod fillets used in this recipe, but other fish would work too.
- Try serving recipe over pasta or rice.

| Nutrition Information | |
|---|--------|
| Serving Size: 1 fish fillet with toppings (1/4 of recipe) | |
| Show Full Display | |
| Nutrients | Amount |
| Total Calories | 204 |
| Total Fat | 2 g |
| Saturated Fat | 0 g |
| Cholesterol | 122 mg |
| Sodium | 227 mg |
| Carbohydrates | 8 g |
| Dietary Fiber | 1 g |
| Total Sugars | 2 g |
| Added Sugars included | 0 g |
| Protein | 37 g |
| Vitamin D | 2 mcg |
| Calcium | 173 mg |
| Iron | 2 mg |
| Potassium | 780 mg |
| N/A - data is not available | |

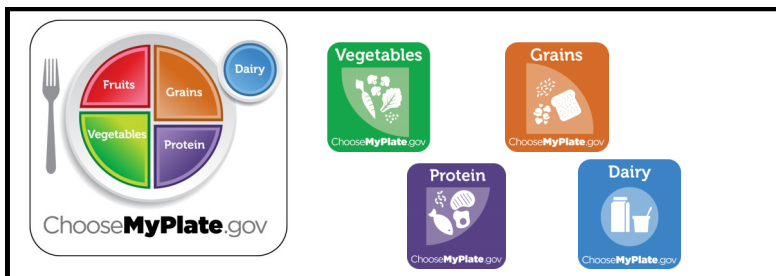
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