

Parmesan-Coated Fish Fillets

Recipe adapted from [Amy Shapiro, RD CDN](#)

Servings: 4

Ingredients:

- ▲ $\frac{1}{2}$ cup egg substitute (or 1 egg and 2 Tbl. milk)
- ▲ 2 Tbp. lemon juice
- ▲ 1 cup corn flakes, crushed
- ▲ $\frac{1}{4}$ cup parmesan cheese
- ▲ 1 tsp. garlic powder
- ▲ 2 tsp. dried parsley flakes
- ▲ 1 pound halibut or orange roughy fillets

Directions:

1. Preheat oven to 350° F.
2. Line a baking sheet with foil and spray with cooking oil spray.
3. Combine egg substitute and lemon juice in a bowl and mix well.
4. Combine cornflake crumbs, parmesan cheese, garlic powder, and parsley in a shallow dish.
5. Dip the fillets in the egg mixture then roll in the crumb mixture to coat well
6. Place the fish in a single layer on the prepared pan.
7. Spray fish with cooking oil spray.
8. Bake for 10-15 minutes until the coating lightly browns and fish flakes with a fork.

Nutrition:

Halibut-(Serving size: $\frac{1}{4}$ th recipe)

<i>calories: 199</i>	<i>protein: 28g</i>	<i>total carbohydrate: 6.7g</i>	<i>total fat: 5.1g</i>
<i>sugar: 0.7g</i>	<i>fiber: 0.4g</i>	<i>sodium: 258mg</i>	<i>saturated fat: 1.9g</i>

Orange Roughy-(Serving size: $\frac{1}{4}$ th recipe)

<i>calories: 153</i>	<i>protein: 22g</i>	<i>total carbohydrate: 6.7g</i>	<i>total fat: 3.6g</i>
<i>sugar: 0.7g</i>	<i>fiber: 0.4g</i>	<i>sodium: 288mg</i>	<i>saturated fat: 1.5g</i>