
Parmesan Crusted Fish Fillets

Adapted from a Phillis Carey cookbook.



Easy and quick.

1 tablespoon lemon juice

1 tablespoon white wine (vermouth is fine)

12 ounces orange roughy, fillets, or other white fish

Salt and pepper to taste

3 tablespoons all-purpose flour

1 whole egg, beaten

1/3 cup Parmesan cheese, grated

1 tablespoon butter

1 tablespoon olive oil

Lemon wedges and diced tomato to garnish

Per Serving (excluding unknown items): 375 Calories; 20g Fat (50.2% calories from fat); 35g Protein; 10g Carbohydrate; trace Dietary Fiber; 166mg Cholesterol; 450mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Fruit; 3 Fat.

Servings: 2

1. Preheat oven to 400°.
2. Combine the lemon juice and wine in a shallow plate. Add fish fillets and turn over to coat. Set aside. Season with salt and pepper.
3. Set up three plates: flour, egg and Parmesan cheese.
4. Preheat a nonstick skillet (large enough to hold the fish); add oil and butter. Dip each fish fillet in the flour, then the egg, then Parmesan (on both sides). Place immediately in the hot saute pan and brown the fish on both sides, about 2 minutes (at most) per side.
5. Place pan in the preheated oven and bake for 4-5 minutes, depending on the thickness of the fish.
6. Meanwhile, cut lemon wedges and dice up the tomato. Serve fish with tomato garnish and lemon.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>