

# THIS WEEK'S RECIPE

As seen on hdnews.net



## Oven Poached Fish

### 4 servings

- 1 pound fresh or frozen fish fillets -seafood
- ½ cup skim milk
- ¼ cup seasoned bread crumbs
- Black pepper
- 1 Tbsp. grated Parmesan cheese
- Nonstick baking spray

### Directions:

Preheat oven to 400°. Rinse fish fillets and pat dry. Spray baking dish lightly with nonstick spray. Put fish in single layer in baking dish. Pour skim milk over fish fillets. Sprinkle bread crumbs on the tops of the fillets and season with black pepper. Sprinkle Parmesan cheese on tops of fillets. Spray quickly with

nonstick spray. Bake 400° for 15 minutes\* or until fish is white and hot to the touch in the thickest part of the fillet. Do not overcook, since fish will be dry and not as tasty.

**Note:**\* Baking time depends on thickness of fillets. Any firm, white skinless fish fillets will work very well in this recipe. Haddock, flounder, sole, orange roughly, and catfish are good choices.



## Nutrition Facts

Amount Per Serving	
Calories 146	
% Daily Value*	
Total Fat .....	15 g
Sodium .....	244 mg
Total Carbohydrate.....	6 g
Protein .....	24 g



## Location Of Ingredients

(At Vine Street Dillon's)

Item	Aisle
Fish Fillets .....	seafood
Skim Milk .....	dairy
Bread Crumbs .....	6
Black Pepper .....	11
Parmesan Cheese.....	dairy
Nonstick Baking Spray ...	11



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