Parsley Crusted Fish Fillets

Are you at the lake this weekend? This is a great recipe to prepare fish you may have caught. Fishing is also a great activity to spend time together as a family. Our family spent many summers at a mountain lake and it is some of my best memories even though we rarely caught any fish

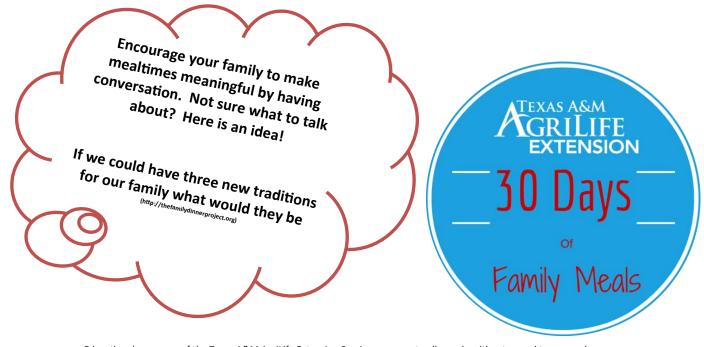
3/4 cup bread crumbs

- 1 Tablespoon minced fresh parsley
- 2 teaspoons grated lemon peel
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 Tablespoons olive oil
- 4 cod or other fish fillet (6 ounce each fillet) Nonstick cooking spray

In a shallow bowl, combine bread crumbs, parsley, lemon peel, garlic, salt and pepper.

Brush oil over one side of fillets. Gently press into crumb mixture. Place crumb side up in a 9×13-inch baking dish coated with cooking spray. Bake at 400 degrees for 15-20 minutes or until fish flakes easily with a fork.

Nutritio Serving Size 1 fillet Servings Per Contain	
Amount Per Serving	
Calories 330	Calories from Fat 81
	% Daily Values*
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 440mg	18%
Total Carbohydrate	15g 5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 44g	88%
*Percent Daily Values are based on a 2,000 calorie diet.	



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