

Parmesan Crusted Cod

Entrée

Serves 4

Prep time: 15 minutes

Cook time: 20 minutes

You can make fresh tender cod with a golden Parmesan crust easily in your kitchen. Serve with green beans and a cold glass of milk.

Ingredients

- 4 3-ounce cod fillets
- 1 cup plain fat-free yogurt
- 1 tablespoon Dijon mustard
- 1 teaspoon dried dill
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/3 cup all-purpose flour
- 1/4 cup Parmesan cheese
- 1 cup bread crumbs
- 1 tablespoon vegetable oil
- 2 tablespoons red onion, minced

Preparation

Pat each cod fillet with paper towel to dry the surface and set aside. In a small bowl, mix together yogurt, mustard, dill, garlic powder, salt and black pepper. Set aside.

Set out 3 shallow dishes. Place flour in the first dish, place half of the yogurt mixture in the second dish, and combine cheese with bread crumbs in the third dish. Coat cod fillets one at a time in flour and shake off excess flour. Then coat with yogurt mixture. Finally, coat with Parmesan and bread crumbs mixture and shake off excess.

Heat oil in a 10-inch nonstick skillet over medium heat. Place breaded fillets into heated skillet and sauté until crust is golden and crisp, about 6-8 minutes. Turn and cook for another 6-8 minutes.

Stir minced red onion into remaining yogurt mixture. Serve as a sauce with the fish.

Nutrition Information

Per serving: 290 calories, 7 g total fat, 2 g saturated fat, 582 mg sodium, 33 g carbohydrates, 1 g fiber, 23 g protein, 223 mg calcium

Provided by:
Nutrition Education Services/Oregon Dairy Council
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