

# *Baked Fish with Herbs*

*Nutritional Information on back.*



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## *Baked Fish with Herbs*

1½ pounds firm white fish fillets (halibut or cod work well)

¼ tsp. salt

Freshly ground black pepper

1 egg

½ cup fine dry bread crumbs

1 tsp. dried basil

1/8 tsp. dried sage

1 tsp. dried parsley

Vegetable oil cooking spray

1 Tbsp. melted butter

Fresh parsley and lemon wedge garnish

Preheat oven to 450 degrees. Wash fish fillets and gently pat dry. Season fish with salt and pepper. Beat egg and set aside. Mix herbs into bread crumbs and set aside. Spray baking dish with vegetable oil. Melt butter. Gently dip fillets into beaten



egg and then into seasoned bread crumbs. Arrange fish on sprayed baking dish. Drizzle fillets with melted butter. Bake for 12 to 15 minutes or until fish flakes with a fork. Garnish with parsley and lemon and serve immediately. Makes 4 servings.

*Nutritional information per serving*

275 calories, 9 g total fat (3 g saturated fat), 10 g carbohydrate, 37 g protein, 1 g dietary fiber, 370 mg sodium.