

EASY OVEN-BAKED FISH

Prep Time: 10 minutes
Cooking Time: 10 minutes
Makes 2 - 4 servings

Ingredients

500 g (1 lb.) firm white fish, such as tilapia, cod, mackerel or halibut

1 egg

250 mL (1 cup) dry breadcrumbs

5 mL (1 tsp.) Italian seasoning or Mrs. Dash® seasoning

5 mL (1 tsp.) paprika

Salt and pepper to taste

Tip: Uncle Ben's® Bistro Express® Wholegrain Brown Rice is a great product to have on hand. It's more expensive than buying regular bags of rice to cook, but it is a healthy, no salt added side dish that is ready in 90-seconds in the microwave.

Tip: Frozen vegetables can be heated in a pot on the stove or in a bowl in the microwave – just add a little water to the pot or bowl, cover and heat through – drain and then serve.

Directions

Preheat oven to 230° C (450° F).

Take a baking sheet and cover it with aluminum foil (makes clean up easier).

In a large shallow bowl, beat the egg. In a second large shallow bowl, combine breadcrumbs, seasonings, paprika, salt and pepper.

Take a piece of fish and pat it dry with a paper towel. Then dip the fish into the beaten egg, then into the breadcrumb mixture, covering both sides. Place on the baking sheet, and repeat with each piece of fish. Place baking sheet into oven, and bake for 5 minutes.

Flip the fish over and continue cooking for about 3 – 5 more minutes (or until fish flakes easily with a fork and is no longer opaque). While fish is baking, make rice and heat up frozen vegetables of your choice (e.g. green beans, peas, broccoli, or a mixture).

Garnish with lemon wedge and Parmesan cheese shavings, if you like.



Image courtesy <http://www.morquefile.com>

This recipe is so easy and makes enough for any room-mates (or leftovers for you!).

- ✓ Budget-Friendly
- ✓ Quick & Easy
- ✓ Rich in omega-3 fats



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