

Parmesan Herb Crusted Flounder

Serves 4

4 6-ounce fillets of flounder or sole
Olive oil cooking spray
1/3 cup grated Parmesan cheese
1/4 cup reduced fat mayonnaise
2 tbsp minced green onions
1/4 cup dry breadcrumbs
1 tsp dried basil
1 tsp dried oregano
1 tsp dried parsley
1/4 tsp salt
1/4 tsp freshly ground black pepper

Preheat oven to 400 degrees
Coat a baking sheet with cooking spray
Place fish fillets on baking sheet
Combine the cheese, mayo, and onions, and spread over each fish fillet
Combine the breadcrumbs, basil, oregano, salt and pepper and sprinkle over each fish fillet
Lightly spray each fish fillet with olive oil cooking spray
Bake in oven for about 10 minutes or until fish flakes with a fork

Per serving:

241 calories
10 g carbohydrates
5.5 g fat
1.9 g sat fat
35.9 g protein
606 mg sodium
87 mg cholesterol