

## **Parmesan-Coated Fish Fillets**

Adapted from The Busy Mom's Make It Quick Cookbook

Serves 4

½ cup egg substitute  
2 tbsp lemon juice  
¾ cup cornflake crumbs  
¼ cup parmesan cheese  
1 tsp garlic powder  
2 tsp dried parsley flakes  
1 pound halibut or orange roughy fillets

Preheat oven to 350

Line a baking sheet with foil and spray with cooking oil spray

Combine egg substitute and lemon juice in a bowl and mix well

Combine cornflake crumbs, parmesan cheese, garlic powder, and parsley in a shallow dish

Dip the fillets in the egg mixture then roll in the crumb mixture to coat well

Place the fish in a single layer on the prepared pan

Spray fish with cooking oil spray

Bake for 10-15 minutes until the coating lightly browns and fish flakes with a fork

Per serving:

173 calories

16 g carbohydrates

1 g fat

23 g protein

23 mg cholesterol

388 mg sodium

**Nutrisense Inc. 373 Route 111 Smithtown NY 11787 631 979-6699**