

Baked Parmesan Catfish

Makes 4 Servings

Ingredients:

- 4 pound catfish fillets or ocean perch fillets
- 1 cup plain panko breadcrumbs
- 2 tablespoons grated romano or parmesan cheese
- 1 1/2 teaspoons dried italian blend spices
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 large egg whites, beaten or 1 large egg
- 1/4 cup low-fat milk
- Non-stick pan spray

Directions:

1. Preheat the oven to 400 degrees F.
2. Wash your hands with soap and hot water. Clean your cooking area
3. Assemble these supplies: measuring spoons, measuring cups, a shallow pan or pie dish, fork, 8-inch by 8-inch casserole or 9-inch by 13-inch pan.
4. Coat the inside of the baking pan with nonstick pan spray.
5. In a pie pan or shallow dish, mix the breadcrumbs, cheese, Italian seasoning, salt and pepper; set it aside.
6. In another pan or dish, combine the egg and the low-fat milk.
7. Dip each fish fillet first in the milk mixture, then in the crumb mixture to coat both sides.
8. Arrange the fillets in one layer in the baking pan. Bake them for 15 to 20 minutes, or until the fish flakes easily with a fork or the internal temperature reaches a minimum of 145°F with a food thermometer.

Nutrition Facts

Serving Size 1 fillet or 3 ounces
Servings Per Container 4

Amount Per Serving

Calories 230 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 360mg **15%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 23g

Vitamin A 2% • Vitamin C 0%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Family Conversation Starter:

If you could pick your own name, what would it be?

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