

Parsley Crusted Fish Fillets

Are you at the lake this weekend? This is a great recipe to prepare fish you may have caught. Fishing is also a great activity to spend time together as a family. Our family spent many summers at a mountain lake and it is some of my best memories even though we rarely caught any fish

- 3/4 cup bread crumbs
- 1 Tablespoon minced fresh parsley
- 2 teaspoons grated lemon peel
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 Tablespoons olive oil
- 4 cod or other fish fillet (6 ounce each fillet) Nonstick cooking spray

In a shallow bowl, combine bread crumbs, parsley, lemon peel, garlic, salt and pepper.

Brush oil over one side of fillets. Gently press into crumb mixture. Place crumb side up in a 9×13-inch baking dish coated with cooking spray. Bake at 400 degrees for 15-20 minutes or until fish flakes easily with a fork.

Nutrition Facts

Serving Size 1 fillet
Servings Per Container 4

Amount Per Serving	
Calories 330	Calories from Fat 81
% Daily Values*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 440mg	18%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 44g	88%

*Percent Daily Values are based on a 2,000 calorie diet.

Encourage your family to make mealtimes meaningful by having conversation. Not sure what to talk about? Here is an idea!

If we could have three new traditions for our family what would they be
(<http://thefamilydinnerproject.org>)

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