

Crispy Baked Fish

Serves 4

Ingredients:

1 ¼ lb. tilapia (or halibut)



2 tsp. olive or canola oil

¾ cup fresh sourdough or other bread crumbs*

2 Tbsp. freshly grated parmesan cheese*

1 Tbsp. fresh tarragon leaves, chopped

½ tsp. paprika

Fresh ground pepper

Lemon wedges (optional)

Directions:

1. Preheat oven to 450 degrees F
2. Cut fish into 4 portions; pat dry and brush with cooking oil. In shallow baking dish, stir together breadcrumbs, parmesan, tarragon, paprika and pepper. Dip fish or chicken into crumb mixture to coat both sides. Arrange pieces in a 9x12 baking dish. Sprinkle any leftover bread crumb mixture on top.
3. For fish, bake uncovered for 8-12 min. or until opaque in center. For chicken, bake uncovered about 15 minutes or until chicken is no longer pink in the center. Do not turn during baking. Serve fish with lemon wedges.

***Cook's Notes*:** Use fresh breadcrumbs for best results—they make all the difference in this recipe. Day old or slightly stale bread is best. Prepare by slicing, cutting off crusts, and tearing into large pieces. Place into food processor and pulse until crumbs are formed. **Purchase Tip:** Find tarragon and parmesan cheese at Trader Joe's at a good price.



TREASURE BOX ITEMS=



**Recipe submitted by:
Kathie Monroe**