



Italian Cornmeal-Crusted White Fish

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2 lbs. white fish, such as tilapia or cod

Italian Dressing

½ cup stone ground cornmeal

3 tablespoons grated parmesan cheese

1 tablespoon garlic salt

Place fish in a Ziploc bag and pour dressing over it, about ½ cup or enough to coat the fish. Allow to marinate 10 minutes. Preheat oven to 400 degrees; line a rimmed cookie sheet with aluminum foil and spray with cooking oil. Combine the cornmeal, parmesan, and garlic salt in a bowl and stir well. Take fish fillets one by one and place on a plate, then sprinkle cornmeal mixture over the top. Lift with your wet hand and shake excess coating back into your bowl. Place on prepared baking sheet. Repeat until all fish fillets are coated and on baking sheet. Bake for ten minutes, then switch the oven to broil. Keep an eye on the fish and remove once golden and the fish flakes easily when pierced with a fork.

For a quick and colorful side dish, combine broccoli florets with sliced red and yellow pepper and microwave in a covered dish for 5 minutes, or until tender. Serve with a sprinkle of garlic salt over the top.

Serves 6

Per serving: 246 calories; 9.7 g fat; 9 g carbohydrates; .7 g fiber; 32 g protein; **6 Points Plus**