

Crispy Parmesan Baked Fish

Ingredients

- $\frac{3}{4}$ cup plain **breadcrumbs**
- $\frac{1}{4}$ cup grated **parmesan cheese**
- $\frac{1}{4}$ teaspoon **thyme**
- $\frac{1}{4}$ teaspoon **onion powder**
- $\frac{1}{8}$ teaspoon **paprika**
- $\frac{3}{4}$ cup nonfat or 1% **milk**
- 2 pounds **fish fillets** (try any white fish)

Directions

1. Wash hands with soap and water.
2. Preheat oven to 500 degrees F. Lightly grease a baking sheet.
3. In a small bowl, mix together breadcrumbs, cheese, thyme, onion powder and paprika.
4. Place crumbs on a flat plate or sheet of wax paper.
5. Dip the fish fillets in milk then press into the crumb mixture to coat all sides. Discard leftover crumbs and milk.
6. Place fish on baking sheet in a single layer. Bake until fish reaches an internal temperature of 145 degrees F using a food thermometer or until fish is opaque and separates easily with a fork. This will take about 15 minutes, but depends on thickness of fish.
7. Refrigerate leftovers within 2 hours.

