



Almond Topped Fish

This is one of my favorite baked fish recipes, much easier than frying, the flavor is outstanding and much better for you than fried fish. Any white fish will do.

Prep Time: 10 min

Cook Time: 20 min

Ready In: 30 min

Serving Size: 4 servings

Ingredients

- ✓ 1 tablespoon butter or stick margarine
- ✓ 4 (6 ounce) fillets fresh or frozen cod or haddock, thawed
- ✓ 1 teaspoon seasoned salt
- ✓ 1/2 teaspoon dill weed
- ✓ 1/4 teaspoon pepper
- ✓ 1/4 cup grated Parmesan cheese
- ✓ 1/4 cup mayonnaise
- ✓ 1 tablespoon minced fresh parsley
- ✓ 1 tablespoon lemon juice
- ✓ 2 tablespoons sliced almonds, toasted

Directions

1. Directions Place butter in a 13-in. x 9-in. x 2-in. baking dish; place in a 400 degrees F oven until melted.
2. Spread butter over bottom of dish. Arrange fish in pan; sprinkle with salt, dill and pepper.
3. Combine the Parmesan cheese, mayonnaise, parsley and lemon juice; spread over fish. Bake, uncovered, at 400 degrees F for 18-20 minutes or until fish flakes easily with a fork.
4. Sprinkle with almonds.

Nutrition

Amount per serving

- ❖ Calories: 223
- ❖ Total Fat: 14 g
- ❖ Total Carbs: 4 g
- ❖ Protein: 33 g
- ❖ Cholesterol: 86 mg
- ❖ Sodium: 716 mg