

Parmesan Crusted Halibut

Servings: 4

1/2 Cup all purpose unbleached flour
1 large organic egg
2 cups panko
1 cup parmesan cheese, finely grated
1 lemon, zested
4 6 oz halibut fillets, skinned
3 tablespoons olive oil

Set up three bowls. Place flour in the first one. In the second bowl beat the eggs . In the third bowl combine the panko crumbs,parmesan and the zest.

First dredge the fillets in flour, shake off the excess. Dip the flesh side in the egg mixture and third dredge in the panko crumb mixture, pressing to make the crumbs adhere.

Preheat oven to 400. Heat an ovenproof saute pan. add the oil and immediately place the fish, crumb side down in the pan and sear until golden brown. About 4 minutes. Turn the fillets over and place in oven to finish. Cook until opaque 3 - 5 minutes.

Serving Ideas: Place fillets on a plate which has been prepared with a layer of polenta, and braised chard. Serve with roasted pepper coulis.

Per Serving (excluding unknown items): 481 Calories; 21g Fat (40.0% calories from fat); 48g Protein; 23g Carbohydrate; 1g Dietary Fiber; 70mg Cholesterol; 550mg Sodium. Exchanges: 1 1/2 Grain(Starch); 6 1/2 Lean Meat; 0 Fruit; 2 1/2 Fat.

