

Herb Crusted Fish

Diabetes Friendly

Serves: 4 (Serving size = 1 filet)

Ingredients:

- 4 (6 ounce) filets of your favorite fish
- Olive oil spray
- 2/3 cup whole wheat panko crumbs
- 1 teaspoon fresh parsley, chopped
- 1 teaspoon fresh thyme, chopped
- 1/2 teaspoon garlic powder
- 1 teaspoon lemon zest
- 1/2 teaspoon black pepper
- Pinch of kosher salt
- Optional lemon wedge for finishing on the plate

Directions:

1. Preheat oven to 400 degrees F.
2. Pat the fish filets dry and place on a baking sheet with parchment paper.
3. In a medium size bowl, stir together the panko crumbs, parsley, thyme, garlic powder, zest, salt, and pepper.
4. Spray or brush filets with olive oil.
5. Gently sprinkle the herb and crumb mixture on the filets using it all.
6. Bake in the preheated oven until fish is opaque and flakes easily, 15-20 minutes, depending on your fish of choice. A fish filet is usually done when it starts to flake apart in natural sections of the fish.
7. Serve with fresh lemon wedge to squeeze over fish.

Herb Crusted Fish		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	233.4 kcal	12 %
Total Fat	2 g	3 %
Saturated Fat	0.3 g	2 %
Trans Fat	0 g	
Cholesterol	93.6 mg	31 %
Sodium	228.2 mg	10 %
Total Carbohydrate	11.1 g	4 %
Dietary Fiber	1.7 g	7 %
Sugars	0.5 g	
Protein	41 g	82 %
Vitamin A	2 %	Vitamin C 5 %
Calcium	3 %	Iron 8 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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