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
- ½ teaspoon garlic powder
- 1 teaspoon lemon zest
- ½ 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.

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