



CITRUS PARMESAN CRUSTED FISH

Servings: 4

INGREDIENTS

- 20 ounces firm white fish such as flounder, drum or salmon, cut into individual filet
- 2/3 cup panko
- 1/4 cup grated parmesan
- 2 tablespoons butter softened at room temperature
- 1 clove garlic grated
- 1 lemon zested and juiced
- 1 orange zested & juiced
- 1 lime zested & juiced
- 1 teaspoon salt
- 1/2 teaspoon pepper

DIRECTIONS

1. Pre-heat oven to 425 degrees and line baking sheet with foil. Spray with cooking spray and place fish fillets on top.
2. In a small bowl, use a fork to mix together all remaining ingredients except the lemon juice (panko through cayenne.) Gently press mixture on top of the fish filets then bake until fish flakes easily with a fork, about 20 minutes.
3. Drizzle fish with fresh fruit juice before serving.