

Lemon Parsley Crusted Baked Haddock

Serves 4

Ingredients:

1 lb Haddock fillet, skinless, cut into 4 even pieces

$\frac{3}{4}$ cup plain breadcrumbs

5 tbsp melted butter

$\frac{1}{2}$ lemon

1-2 tbsp chopped parsley

Salt and pepper to taste

Directions:

1. Preheat the oven to 350 F.
2. Mix breadcrumbs with butter and parsley.
3. Season with salt and pepper on both sides of a haddock filets.
4. Coat both sides of each filet with the breadcrumb mix.
5. Spray a cooking pan with cooking spray and lay the fillets in the pan,
6. Squeeze the half a lemon all over the fillets.
7. Put any extra breadcrumb mix on top of the fillets.
8. Bake in the oven for 20 minute or until fish is opaque throughout.

Serve with steamed green beans or mixed salad, and rice or potatoes.