

Parmesan Cod II

Parmesan Crusted Cod II



Serves 4

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:61df482339cb32722d0566ea>

- 1/2 cup all purpose flour
- 1/4 cup shredded parmesan cheese
- 2 Tbsp yellow corn meal
- 1 tsp paprika
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 egg
- 1/4 cup low-fat milk
- 24 oz cod filets

1. Preheat oven to 350°
2. In a shallow dish, combine the flour, Parmesan cheese, cornmeal, paprika, salt and pepper; set aside.
3. In another shallow dish, beat egg and milk. Dip fillets in milk mixture, then in flour mixture.
4. Place in 13x9x2 baking dish coated with nonstick cooking spray.

5. Bake uncovered, at 350° for 35-40 minutes or until fish flakes easily with a fork.

Main Course

Fish

cod, fish