

Parmesan crusted cod

a delicate balance of tender and crunchy

Serves: 4

ingredients:

- 4 3-oz cod fillets
- 1 c plain, nonfat Zoi Greek yogurt
- 1 tbsp Dijon mustard
- 1 tsp dried dill
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/3 c all-purpose flour
- 1/4 c grated Parmesan cheese
- 1 c bread crumbs
- 1 tbsp olive oil
- 2 tbsp red onion, minced

preparation:

Pat each cod fillet with paper towel to dry the surface, set aside. In a small bowl, mix together yogurt, mustard, dill, garlic powder, salt and black pepper. Set aside.

Set out 3 shallow dishes. Place flour in the first dish; place half the yogurt mixture in the second dish; and combine grated Parmesan cheese with bread crumbs in the third dish.

Coat cod fillets one at a time in the flour and shake off excess; then coat with yogurt mixture; finally, coat with Parmesan and bread crumb mixture and gently shake off excess.

Heat olive oil in a 10-inch nonstick skillet over medium heat. Place breaded fillets into heated skillet and saute until crust is golden and crisp, about 6-8 minutes. Turn and repeat on the other side. When the fillets are done, remove from skillet and briefly drain on paper towel before serving.

Stir the minced red onion into the remaining yogurt mixture, and serve as a sauce with the fish.

