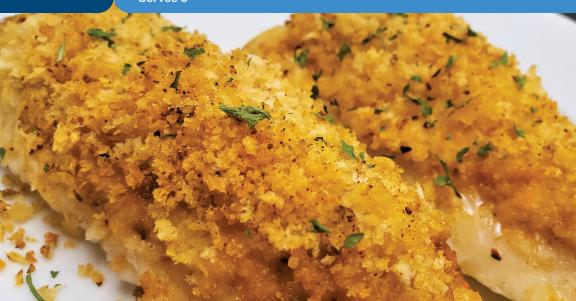


Oven Fried Haddock with Creole Herb Crumbs

Serves 6



Oven Fried Haddock with Creole Herb Crumbs

Ingredients

- 3 lb. Haddock loins, fresh or frozen
- 2 ½ Tbsp. butter, unsalted
- 2 ½ Tbsp. olive oil

- 2 tsp. Cajun seasoning
- 1 tsp. granulated garlic
- 1 tsp. granulated onion
 ½ cup parsley, chopped
- ½ tsp. white pepper, ground
- 12 oz. Panko crumbs

Directions

- 1. If frozen, thaw haddock under refrigeration and drain excess water.
- 2. Preheat oven to 350 degrees.
- 3. To make creole crumbs, melt butter then add olive oil, Cajun seasoning, garlic, onion, parsley and pepper. Stir to mix items. Add panko crumbs to a bowl and pour seasoned melted butter over the crumbs. Toss to combine.
- **4.** Place haddock in a baking dish and top with 2 Tbsp. of crumb topping per piece. Bake uncovered for 15-20 minutes until fish reaches an internal temperature of 145 degrees.
- **5.** One serving is 4 oz. of baked fish with topping.



Nutritional facts per 1 serving (4 oz.):

Calories 330, Total Fat 12g (20%), Saturated Fat 4g (20%), Cholesterol 135mg (45%), Sodium 610mg (25%), Total Carbohydrate 16g (4%), Dietary Fiber 0g (1%), Total Sugars 1g, Protein 38g