



Oven Fried Haddock with Creole Herb Crumbs

Serves 6



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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
- ⅓ 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