

CRISPY FISH



INGREDIENTS:

- 1 3oz flounder fillet
- 1 slice sprouted bread
- pinch salt
- Seasoning of choice: fresh parsley (chopped), 1 tsp lemon or lime zest, lemon pepper, garlic powder

DIRECTIONS:

1. Salt the fish fillet, set aside
2. Preheat oven to 325 F
3. Toast the bread in a toaster or oven
4. Allow the bread to cool, break the bread into pieces and place in a blender. Blend until to have bread crumbs
5. Mix your chosen seasonings with the bread crumbs
6. Place bread crumb mixture in a deep dish
7. Coat and press the bread crumbs on the fish fillet
8. Lightly spray a baking sheet with cooking spray, place breaded fish on the pan. Bake for 10 minutes, flip, and bake for another 10 minutes. (If you have an air fryer cook it in the fish setting for ~20 minutes)

Enjoy!

Makes 1 Serving

Calories: 153 | Protein: 17 g | Carbs: 15 g | Fat: 3 g | Fiber: 3 g