



PANKO-CRUSTED COD W/TOMATO-BASIL RELISH

Basic Lifestyle

INGREDIENTS

2 large egg whites, lightly beaten
½ cup panko (Japanese breadcrumbs)
4 (6-ounce) cod fillets
½ TSP kosher salt, divided
2 TBS canola oil
1 cup grape tomatoes, quartered
½ cup vertically sliced Vidalia or other sweet onion
2 TBS fresh basil leaves
2 TBS fresh lemon juice
½ TSP freshly ground black pepper

INSTRUCTIONS

—Preheat oven to 450°.

—Place egg whites in a shallow dish; place panko in another shallow dish. Dip fish in egg whites; sprinkle fish evenly with 1/4 TSP salt, and dredge in panko.

—Heat oil in a large ovenproof skillet over medium-high heat; swirl to coat. Add fish to pan; cook 3 minutes or until browned and very crispy. Turn fish over; place pan in oven. Bake fish at 450° for 7 minutes or until desired degree of doneness.

—Combine remaining 1/4 TSP salt, tomatoes, and remaining ingredients in a bowl. Serve with fish.

SERVING INFO: (Yields 4 servings)

1 fillet + 1/3 cup relish = 1 P, 1 V

See recipe photo at [Instagram](#) and [Facebook](#).