



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