



PARMESAN BAKED FISH

Basic Lifestyle

Ingredients

4 6-oz. fresh or frozen fish fillets
Pam olive oil spray
1/3 cup low-fat mayonnaise
2 TBS grated Parmesan cheese
2 TBS snipped fresh chives
½ TSP white wine Worcestershire sauce

Instructions

1. Thaw fish, if frozen. Rinse the fillets and pat dry with paper towels.
2. Spray an 8 x 8 x 2 baking dish with the Pam nonstick spray. Set aside.
3. In a small bowl, stir together the mayo, Parmesan cheese, chives and Worcestershire sauce. Spread the mixture over the fish fillets.
4. Bake, uncovered in a 450° oven for 12-15 minutes or until the fish flakes easily when tested with a fork.

Portion-Per-Serving Information (Yields 4 servings): 1 fish fillet = 1 P