

Panko-Crusted White Fish & Sautéed Green Beans

DESCRIPTION:

A quick and delicious week-night meal that is low in calories and carbs, but high in protein. The sautéed green beans and tomatoes are a nutritious compliment to the fish.

INGREDIENTS:

Fish

- 16 oz. of flaky white fish (like sole, cod, flounder)
- 2 Tbsp. melted butter
- ½ cup panko bread crumbs
- ¼ cup Parmesan cheese
- 1 tsp. garlic powder
- 1 Tbsp. dried parsley
- ½ tsp. fresh ground black pepper

INGREDIENTS:

Greens Beans

- 2 cups fresh green beans, washed and trimmed
- 1 cup cherry tomatoes, halved
- 2 tsp. fresh garlic, minced
- 1 Tbsp. extra virgin olive oil
- Salt & pepper to taste

DIRECTIONS:

Fish

1. Mix together bread crumbs, Parmesan cheese, garlic powder, parsley and pepper in a bowl.
2. Dip each fish filet in melted butter and then the bread crumb mixture.
3. Bake at 350 degrees for 20 minutes or until the fish is no longer translucent and flakes with a fork.

DIRECTIONS:

Green Beans

1. Heat medium skillet to medium high and then add oil.
2. When oil begins to get hot, add garlic and green beans.
3. Sauté for 3 minutes then add the tomatoes. Continue sautéing for another 2 to 3 minutes or until green beans are tender or slightly al-dente and tomatoes are soft. Season with salt and pepper to taste.



NUTRITION INFO

Serving Size	4 oz. fish, ½ cup veggies
Servings per recipe	4
Calories	235
Fat	11g
Saturated Fat	5g
Sodium	137mg
Carbohydrates	12g
Fiber	3g
Sugar	12g
Protein	24g

FACT: Tomatoes are a rich source of the antioxidant lycopene which has been shown to lower the risk of some forms of cancers. Tomatoes are also an excellent source of vitamin C and beta-carotene.