

## Parmesan Coated Filets

### Serves 2

#### Ingredients

- ½ lb. of flounder or other light/mild white fish filets
- ¼ c. low-fat plain yogurt
- 1-Tbsp. grated Parmesan cheese
- ½ Tbsp. Dijon mustard
- ½ Tbsp. fresh lemon juice
- ½ tsp. prepared horseradish, drained
- Cooking spray

#### Equipment

- Broiler pan
- Small bowl
- Measuring cups and spoons

#### Directions

1. Preheat the broiler, cover broiler pan with foil and spray with cooking spray.
2. Arrange fish on the broiler pan.
3. In a small bowl, combine the yogurt, cheese, mustard, lemon juice, and horseradish.
4. Spread the mixture on both sides of fish.
5. Broil about 8 inches from the heat, turning once, for about 6 minutes, or until the fish flakes easily with a fork.



Nutrition Facts	
2 servings per container	
Serving size	1 fillet (118g)
Amount per serving	
<b>Calories</b>	<b>110</b>
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 460mg	20%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 15g</b>	
Vitamin D 3mcg	15%
Calcium 102mg	8%
Iron 0mg	0%
Potassium 159mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

