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Italian Breaded Baked Fish

Prep. time: 10 minutes

Cooking time: 15-20 minutes

Serves: 4

- 1-1/2 lbs. fish fillets
- 1/2 cup bread crumbs
- 1 tablespoon grated Romano cheese
- 1 tablespoon PASTA SPRINKLE (a Penzeys spice, I skipped)
- 1/2 teaspoon KOSHER FLAKE SALT (a Penzeys spice, I used freshly ground salt)
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon garlic powder
- 2 tablespoons olive oil, divided
- 1 lemon, cut into wedges

Preheat the oven to 425°. Grease a glass baking dish with a teaspoon of olive oil. Mix the bread crumbs, Romano cheese and SPICES together and place the mixture on a plate. Cut the fish fillets into 5-6 oz. portions. Gently toss the fillets in the remaining olive oil then dip them into the bread crumb mixture until coated. Set the fillets in the greased baking dish, being careful not to crowd. Place in the preheated oven on the top rack near the broiler. Bake for 10-15 minutes, depending on the thickness of the fillets. Open the oven and turn on the broiler (we like to keep the oven open while we broil so we can keep an eye on the fish). Broil the fillets for another 2-3 minutes, or until the breading begins to brown. Serve with a lemon wedge.

Sweetnicks' Note: A very easy recipe, perfect for weeknight, and pretty healthy since the fish bakes, instead of fries.