

# Fish Parmesan

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

*6 small fish (OR 2 pounds  
fish fillets)  
salt  
pepper  
1/4 cup (approx.) flour  
1 egg  
cracker crumbs (for coating)  
grated Parmesan cheese  
(for coating)*

Season the fish with salt and pepper. Coat lightly with flour.

In a shallow bowl, beat the egg and milk together.

In another shallow bowl, mix the cracker crumbs and cheese.

Dip the fish in the egg mixture and then dredge in the cracker crumbs, shaking off excess crumbs.

In a skillet, fry the fish for 3 to 5 minutes, turning to brown both sides. Drain.

(Goes very well when served with a Lemon-Parsley Sauce.)

---

Per Serving (excluding unknown items): 188 Calories; 5g Fat (26.0% calories from fat); 10g Protein; 24g Carbohydrate; 1g Dietary Fiber; 212mg Cholesterol; 71mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Fat.