

# Grouper Francaise

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## **Servings: 4**

*2 eggs (or 1/2 cup egg substitute)*

*1/2 cup grated Parmesan cheese*

*1/4 cup flour*

*1/4 teaspoon seasoned salt*

*1/3 cup canola oil*

*4 (1-1/2 pound total) grouper fillets*

Preheat a large saute' pan on medium-high for 2 to 3 minutes.

In a shallow bowl, combine the eggs and Parmesan cheese.

In a second bowl, combine the flour and seasoned salt.

Place oil in the pan. Swirl to coat.

Dredge the fish in the flour (coating both sides), then dip into the egg mixture (allowing any excess to drip off).

Place the fish in the pan (wash hands). Cook for 3 to 4 minutes on each side and until 145 degrees.

Serve.

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Per Serving (excluding unknown items): 860 Calories; 28g Fat (30.5% calories from fat); 137g Protein; 6g Carbohydrate; trace Dietary Fiber; 260mg Cholesterol; 633mg Sodium. Exchanges: 1/2 Grain(Starch); 19 Lean Meat; 4 Fat; 0 Other Carbohydrates.