

Baked Fish Filets

4 Tilapia, sole or catfish filets (about 175g each)
¼ cup Light mayonnaise
¼ cup Dry bread crumbs
2 tbsp Minced fresh parsley or 1 tbsp dried parsley
1 tsp Cajun seasoning

- Preheat oven to 400 °F.
- Coat each filet with mayonnaise.
- In a shallow dish, combine bread crumbs, parsley and Cajun seasoning; dip fish into crumb mixture, turning to coat.
- Bake in preheated oven on parchment paper-lined rimmed baking sheet for about 15 minutes or until dark golden. Makes 4 servings.

Adapted from Canadian Living, March 2008