

RECIPE OF THE WEEK

Breaded Fish Fillets with Dill Zippers

Ingredients

- 1 8oz fillet white fish
(any white fish fits)
- 1 packet Ideal
Protein Dill Pickle
Zippers

- 1 tbsp. lemon juice
- 1/4 cup egg whites
- 1/4 tsp. paprika
- 2 tsp. dried parsley
flakes



Preparation

1. In a shallow dish or pie pan, add together crushed Zippers, parsley flakes, and paprika and mix them well
2. In another shallow dish, combine egg white, and lemon juice and beat well
3. Dip fillet in egg mixture and tuck thin ends of fish under uniform thickness
4. Dip fish in zipper mixture and pat gently to coat well
5. Place fillets in sprayed pan and spray fish with cooking spray for about 5 seconds
6. Bake at 350°F for 10 to 15 minutes or until you can flake fish easily with a fork
7. Serve and enjoy!

