

Parmesan-Crusted Halibut with Brussels Sprouts

Enjoy this halibut recipe for a quick and easy dinner, packed with heart-healthy micronutrients. You can substitute the halibut for any white fish of your choice.

Serving Size: 4

Ingredients:

For the fish:

- Cooking spray or oil
- 1/4 cup all-purpose flour
- 2 egg whites
- 1 tbsp fat-free milk
- 1 1/2 cup corn flakes (*lightly crushed*)
- 1/4 cup fresh parsley (*rinsed and chopped*)
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 4 x 4 oz halibut fillets or other white fish (*rinsed and pat dry*)
- 1/4 cup grated parmesan cheese
- 1 lemon (*cut into wedges*)



For the Brussels sprouts:

- 2 packages (10 oz) Brussels sprouts (*rinsed and sliced in half*)
- 1 tbsp canola oil
- 1/8 tsp red pepper flakes
- 1/4 tsp garlic powder
- 1 tsp parmesan cheese

Directions:

1. Preheat oven to 425 °F and place oven rack in upper third of oven.
2. Coat baking sheet with cooking spray and set aside.
3. In a shallow bowl, place flour. In another shallow bowl, combine egg whites and milk. In third shallow bowl, combine corn flakes and parsley. Sprinkle halibut with pepper and garlic powder. Lightly dust each fish fillet with flour, dip in egg mixture, then coat with corn flake-parsley mixture. Place on baking sheet. Sprinkle each fillet with 1 tbsp parmesan cheese and bake for 15 to 17 minutes until fish is opaque and flakes when pulled apart with fork. Set aside and keep warm.
4. In large bowl, toss Brussels sprouts with 1 tbsp canola oil, red pepper flakes, garlic powder and parmesan cheese. Transfer to baking sheet that has been coated with cooking spray and roast for 10 minutes until tender, turning every 2-3 minutes.
5. Serve alongside halibut with fresh lemon wedge.

Nutrition Facts:

(Per 1 serving)

Calories: 290 kcal

Protein: 30g

Carbohydrates: 25g

Fat: 8g

Saturated fat: 2g

Cholesterol: 60mg

Fibre: 4g

Sugars: 3g

Sodium: 340mg

Recipe adapted from the Heart and Stroke Foundation



For more information visit:
WWW.MAGNAWELLNESS.COM

GOOD for you
Health and Wellness
for Magna Employees

MAGNA