

*A recipe from*

# DAD'S CHILE COOKBOOK



Heat Rating:



## Chipotle-Dijon Crusted Fish

If you don't like the taste of fish, but know you need fish in your diet to keep you healthy, then try this dish. Tilapia has almost no fishy taste...

- 3 Tbsp chipotle mayonnaise*
- 1 Tbsp grated Parmesan cheese*
- 1 Tbsp lemon juice*
- 2 tsp Dijon (or Creole) mustard*
- 1 tsp grated horseradish*
- 4 (5 oz) tilapia fillets*
- ¼ cup dry, seasoned bread crumbs*
- 1 Tbsp grated Parmesan cheese (yes, a second dose!)*
- 2 Tbsp butter, melted*

Heat oven to 425° F. Combine first five ingredients in a small bowl; stir until smooth. Coat a baking sheet with non-stick spray (or use baker's parchment) and place fillets on the sheet. Spread mayo mixture evenly over fish using a spoon.

In a second small bowl, combine breadcrumbs, Parmesan and butter. Sprinkle over the fillets. Bake for 13-18 minutes, without turning, or until fish flakes easily. Serve with lemon wedges and a side salad for a refreshing summer dinner that's very low in calories.

*Here's a little secret: You can make many variations of this dish! Flavored mayonnaise is a snap to make, and nowadays there are several varieties on your grocer's shelf. You can change the mustard, the cheese and the fish as well, since most any white fillet will work fine. You can also season with spicy goodies...*

Yield: Four servings

Preparation time: 10 minutes

Cooking time: 15-20 minutes overall

