

Pan Seared Cod Fillet

Ingredients

- 1/2 cup bread crumbs
- 1/2 tsp salt
- 1/2 tsp freshly ground pepper
- 1 lb cod fillet (thick cut), cut in 4 pieces
- 1/4 cup flour
- 1 egg, slightly beaten
- cooking spray
- 4 whole wheat hamburger rolls
- 1 cup baby spinach leaves

Instructions

Serves: 4

Rating: Very Good

In a plastic bag, add bread crumbs with half the salt and pepper. Shake and set aside. In small dish, add flour and remaining salt and pepper. Mix well and set aside. In another small dish, beat egg with 1 tsp. water.

Coat each piece of fish with seasoned flour, dip in egg mixture and place in bag with seasoned bread crumbs. Press down firmly to make bread crumbs stay in place.

Coat a 10-inch skillet with cooking spray and heat over medium heat. Arrange fish in a single layer in skillet; cook for 5 minutes on one side and 5 minutes on the other side, or until fish is golden and flakes easily with a fork.

Arrange 1/4 of the spinach leaves on each bun and place fish on top of leaves.

Top with Spiced Mayonnaise (see recipe under Condiments)

Summary

Yield: 4

Source: Priscilla (adapted from Weightwatchers)

Prep Time: 15 minutes

Category: Sandwiches