

Crispy Panko Baked Fish

16 to 20 oz. fresh cod, cut into 4 fillets

2 egg whites, beaten

1/4 cup flour

1/2 cup panko bread crumbs

1/2 tsp. salt

Olive oil cooking spray

Preheat oven to 400°F, lightly spray a baking sheet with the olive oil cooking spray. Mix the flour, panko and salt in a small bowl. Dip the fish into the beaten egg whites and then the panko mixture, coating all surfaces. Place on the baking sheet, and lightly spray the tops with cooking spray. Bake the fish on the top half of the oven and bake 10 to 15 minutes, turning once half way between baking.