

Spicy Parmesan Redfish



Serve this delicious dish with creamy polenta and a tossed green salad

Serves 4

4 ~ 8oz redfish filets	1 1/2t cracked black pepper	2T parsley
1 1/2c fat free Half & Half	1/2c Parmesan cheese, grated	1/2t cayenne ~ more or less to taste
2 eggs	1/2t paprika	1/2c olive oil
2/3c flour	2t basil	1/2c butter
1 sleeve Ritz crackers		

Beat Half & Half and eggs together in large bowl and set aside.

Place flour on large plate and set aside.

Place crackers in food processor and pulse until they are a fine crumb. Pour onto large rimmed plate.

On rimmed plate with crackers, add pepper, Parmesan cheese, paprika, basil, parsley and cayenne. Mix together well and set aside.

Wash filets well and dredge in flour. Dip filets in egg~cream mixture and then dip into cracker mixture.

In large sauté skillet, heat olive oil and butter together on medium~high heat. Sauté filets until golden on both sides and fish flakes easily with fork.

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