

RECIPES

"Brought to you by the Chefs at Cancer Treatment Centers of America"

Parmesan Crusted Halibut

Serves 4

4 each (4-6 ounce) Halibut steak or filet

½ cup Parmesan cheese finely shredded

½ cup Panko (bread crumbs)

3 Whole eggs beaten well

2 T fresh parsley (chopped fine)

Salt and pepper as needed

½ cup Olive

Preheat oven to 350 degrees.

Heat olive oil in a sauté pan.

Pat halibut dry with a paper towel

Mix together bread crumbs, parsley and cheese in a bowl or deep plate, season to taste

Dredge one side of the fish in the beaten eggs and press into the bread and cheese mixture.

Ensure a generous and even layer of mixture remains on fish.

Sear the breaded side of the fish in the hot oil for several minutes undisturbed.

Finish in the oven for 8-10 min or until internal temp reaches 145