



RECIPES

ALMOND-ENCRUSTED COD FILLETS

- 4 cod fillets (6 ounces each)
- 1/4 cup fresh lemon juice
- 1 1/2 cups all-purpose flour, divided
- 2 eggs, lightly beaten
- 1/4 cup milk
- 1 cup **Fisher® Culinary Touch® Toasted Slivered Almonds**, coarsely chopped
- 3/4 cup panko bread crumbs
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- Vegetable oil for frying
- Additional salt and ground black pepper (optional)

Place fillets and lemon juice in large re-sealable plastic bag. Seal bag; refrigerate 20 minutes, turning bag occasionally. Place 3/4 cup flour in shallow-rimmed dish. In medium bowl, whisk eggs and milk; set aside. In another rimmed dish, combine remaining 3/4 cup flour, **Toasted Slivered Almonds**, bread crumbs, salt and pepper.

Heat 1-inch oil in large skillet over medium-high heat. Remove fillets from bag. Discard juice. Dredge each fillet in flour turning to coat. Dip each fillet in egg mixture, turning to coat. Then, dredge each fillet in almond-crumb mixture, pressing gently and turning to coat. Discard any remaining flour, egg and crumb mixtures.

Carefully place fillets in oil. Fry 2 to 4 minutes per side until golden brown and fish begins to flake. Transfer fillets to paper-towel-lined cooling rack to drain; sprinkle with additional salt and pepper, if desired. Serve immediately.

Yield: 4 fillets

Nutrition information per serving (1 fillet): 550 Calories, 21 g Total Fat, 2.5 g Saturated Fat, 0 g Trans Fat, 170 mg Cholesterol, 440 mg Sodium, 46 g Carbohydrate, 4 g Dietary Fiber, 2 g Sugar, 44 g Protein