

Shed Fat Sheet Pan Fish Parmesan (Pizza Fish)



Ingredients:

- (2 – 4-6-oz. each) Fish fillets, preferably white fish like scrod, tilapia, or sole
- Olive oil spray
- (1/8 cup) Parmesan cheese
- (3/4 cup) Marinara sauce
- (1/2 cup) Onion, sliced
- Garlic salt & parsley, to taste
- Black pepper, optional

You have got to try this Pizza Fish (kids love that name) recipe: a.k.a. Fish Parmesan. I suggest that every family try a new healthy food at least once a week, and the rule in our house is if you don't like it you can spit it out (and eat the side dishes), so everyone feels safe to try things. Don't worry you're not going to go hungry!

PREP TIME: 5 minutes

COOK TIME: 15-20 minutes

TOTAL TIME: 25 minutes

SERVES: 2

Directions:

- Preheat oven to 400° F. with the rack in the middle of the oven
- Mist a sheet pan with cooking spray
- Place the fish fillets on the prepared sheet pan and mist with spray oil lightly to coat
- Sprinkle fish with garlic salt and black pepper
- Top each fish fillet with marinara sauce and sprinkle with parmesan cheese
- Cook until entirely cooked through (they will no longer feel squishy when you poke them) and cheese is melted and bubbly (about 15-20 minutes or less depending on your oven)
- Serve hot

Can be served with clear broth soup and on a bed of shredded lettuce. Delicious and good for your weight loss!

Pasta is the traditional accompaniment to chicken parmesan, but a green salad and some veggie spaghetti will help you shed pounds.

Don't forget the Pellegrino and MANGIA! Your whole family will love this fish recipe.

