

# Handy-Dandy Shopping List – Easy Baked Fish

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – adapted from myrecipes.com



2 Fish Fillets such as Tilapia, Swai, Red Snapper, Cod or Sole

2 Tablespoons Fresh Lime Juice – about the juice from 1 lime

2 Tablespoons Mayonnaise (Light, preferred)

1/8 teaspoon Onion Powder

¼ teaspoon Black Pepper

½ Cup Panko\* Breadcrumbs

1 ½ Tablespoons Butter, melted

Finely chopped Fresh Parsley

\*Panko breadcrumbs are lighter and flakier than regular store bought dried breadcrumbs. They can usually be found in the baking aisle or Asian foods section of the grocery store.