

Cheesy Baked Fish -- Quick, Easy, Healthy

Since this recipe is so easy to prepare and doesn't take long to cook, it's a good choice when you need a quick meal on the table right away. Cooking time will vary depending on the thickness and variety of your fish. It's done when it's no longer opaque, and when it flakes easily with a fork. Preheat oven to 450F

- 1/2 cup/125 mL Cheddar cheese, grated
- 2/3 cup/150 mL bread crumbs
- 1/2 tsp/2 mL dried basil
- 1/2 tsp/2 mL salt
- 1/4 tsp/1 mL nutmeg
- 1/4 tsp/1 mL pepper
- 1 lb/500 g firm fish fillets (2 to 4 fillets)
- 1 tsp/5 mL lemon juice

1. Combine the cheese, bread crumbs, basil, nutmeg, salt and pepper.
2. Spread half of the crumb mixture evenly in a greased baking dish.
3. Place the fish on top of the crumbs.
6. Sprinkle the lemon juice over the fish.
7. Sprinkle the remaining crumbs evenly over the fish.
8. Bake until the fish flakes easily with a fork. (About 10 minutes per inch of thickness.)