

## Crunchy baked fish with lemony couscous

### Ingredients

#### Fish

- ¼ cup low-fat buttermilk
- 1 tablespoon Old Bay Seasoning
- 1 pound firm white fish, cut into 4 pieces (halibut, cod, hake or mahi-mahi)
- ¼ cup white whole wheat flour
- 2 large egg whites, whisked until foamy
- 1 cup whole wheat panko breadcrumbs

#### Couscous

- 2 tablespoons avocado or olive oil
- 1 cup whole wheat couscous
- 1 onion, diced
- 3 garlic cloves, minced
- 1 large lemon, zested, juiced
- 1½ cups water, vegetable or chicken broth
- 2 Roma tomatoes, seeded, finely diced
- 2 scallions, finely sliced



### Nutritional Information

Servings: 4

Cost: \$20.64/\$5.16 per serving

Calories: 474 per serving

### Directions

#### Fish

- Preheat oven to 425 degrees. Line baking sheet with parchment paper or silicone mat, coat well with cooking spray or brush with oil, then set aside.
- Combine buttermilk, fish and seasoning in a bowl or bag. Marinate 20 minutes.
- Add flour in a shallow bowl, egg whites in another shallow bowl and breadcrumbs in a third bowl.
- Dip fish in flour, shake off excess, then dip in egg whites, letting excess drip off. Next, dip fish in breadcrumbs, pressing them to cover all sides.
- Place battered fish on prepared sheet, bake 8 minutes, then flip and bake 5-10 more minutes, or until fish flakes easily with a fork.

#### Couscous

- Heat oil in pot with fitted lid.
- Add couscous and toast 1 minute.
- Add onion and garlic, sauté 30–60 seconds, or until garlic is fragrant.
- Add lemon zest, water or broth, bring mixture to a boil, then turn off heat.
- Cover pot, wait 10 minutes, then fluff couscous with a fork.
- Fold in lemon juice, tomato and scallions and serve with fish.