

BRAIN HEALTHY COOKING FOR ONE

the mouth watering

WALNUT-CRUSTED FISH

1 TBSP Light Mayonnaise
1 TBSP Dijon Mustard
1/2 TSP chopped fresh
Parsley or Basil
1/8 TSP Spice of Life
1/2 CUP or more crushed
Walnuts
2 White Fish Fillets
(approx. 5 or 6oz each)

1. Pre-heat oven to 425F.
2. Use a shallow baking dish and spray with non-stick cooking spray.
3. Stir together mayonnaise, dijon mustard, parsley. Pat the fish dry with a paper towel and coat with mayonnaise mixture on each side.
4. Place nuts in a shallow dish, press fish into nuts to coat each side.
5. Place fish in the baking tray, and bake for 15 -20 mins until fish flakes easily or the temperature reads 145F.

Save your leftovers for another day.

