**Creamy Parmesan Fish**

RECIPE

**INGREDIENTS**

* 20 fish fillets, 4 oz each
* 2 ½ cups grated Parmesan cheese
* ½ cup + 2 tablespoons butter, softened
* 1 ¼ cup sour cream
* Salt & pepper
* Optional seasonings (½ teaspoon):

Paprika, garlic powder, dill, onion

powder, chives, basil, parsley



**DIRECTIONS**

1. Preheat oven to 425°F and spray non-stick spray in sheet pan
2. Pat fish dry with paper towels removing the moisture ensures they won't get mushy while baking.
3. Season fish with salt and pepper and arrange in prepared pan.
4. In a bowl, mix together cheese, butter, sour cream and any desired optional ingredient.
5. Spread approx. 2-3 tablespoons of cheese mixture over each fillet.
6. Bake 10-12 minutes or until fish is cooked and flaky.

|  |  |  |  |
| --- | --- | --- | --- |
| **Prep Time:** 20 minutes | **Cook Time:** 10-12 minutes | **Total Time:** 30-32 minutes | **Yield:** 20 servings |