

PISTACHIO-CRUSTED WHITEFISH

Whitefish baked with a crumb-nut topping— simply delicious! Serve on a bed of spinach drizzled with citrus vinaigrette for a touch of elegance.

by Executive Sous Chef Rajeev Patgaonkar, MSU Kellogg Center

Featured Food: Whitefish

Yield: Serves 4

Ingredients

1 c. dry breadcrumbs	4 skinless Great Lakes whitefish fillets (3 oz. each)
6 T. shelled pistachios, lightly toasted	½ t. salt
2 T. packed fresh parsley	¼ t. ground black pepper
½ t. garlic powder	¼ c. nonfat plain (unsweetened) yogurt

Preparation

Heat oven to 400°F.

Pulse breadcrumbs, pistachios, parsley, and garlic powder in food processor until nuts are roughly chopped. Pour breadcrumb/pistachio mixture onto parchment paper.

Season whitefish fillets with salt and pepper. Coat tops of the fillets with yogurt. Sprinkle breadcrumb/pistachio mixture on top of the yogurt and press firmly.

Place fillets, breadcrumb/pistachio-side up, on a baking sheet lined with parchment paper.

Bake in hot oven until fish is no longer translucent in the center, about 10 minutes. Finish under the broiler until breadcrumb/pistachio mixture is browned, about 2 minutes.

Serve with [Citrus Spinach Salad](#)