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

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

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