Learn how to prepare easy, nutritious and economical meals for your family.

April 21, 2016
6:00 PM – 8:00 PM
(Doors open at 5:00 PM)

Bell County EXPO! Center
301 W Loop 121
Belton, TX 76513

Online Registration Information:
https://agriliferegister.tamu.edu/dinnertonight
Register by phone: 979-845-2604

$20 pre-registration fee * $25 at the door
MC/Visa Accepted

* No Meal..Light snacks provided
Mustard Crusted Fish

Ingredients:
3 tablespoons reduced fat mayonnaise
2 tablespoons grated Parmesan cheese, divided
1 tablespoon lemon juice
2 teaspoons Dijon mustard
1 teaspoon horseradish
4 5-ounce tilapia fillets
1/4 cup dry bread crumbs
1 tablespoon butter, melted
Cooking spray

Directions:
1. In a small bowl, combine mayonnaise, 1 tablespoon cheese, lemon juice, mustard and horseradish. Place fillets on a baking sheet coated with cooking spray. Spread mayonnaise mixture evenly over fillets.
2. In a small bowl, combine bread crumbs, melted butter and remaining cheese. Sprinkle over fillets. Lightly spray each fillet with cooking spray.
3. Bake at 425 degrees for 13-18 minutes or until fish flakes easily with a fork.
4. Serve with stir fried veggies and pasta or rice.

NUTRITION FACTS:
Serving Size 1 fillet
Calories 214
Fat 8 g
Cholesterol 80 mg
Sodium 327 mg
Total Carbohydrate 7 g
Dietary Fiber trace
Protein 29 g