



Healthy Cooking School

DINNER
TONIGHT
HEALTHY COOKING SCHOOL

TEXAS A&M
AGRILIFE
EXTENSION

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://agrilliferegister.tamu.edu/dinnertonight>

Register by phone: 979-845-2604

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

* No Meal..Light snacks provided



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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 may-onnaise 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.

Prep time: 5 minutes
Cook time: 13-18 minutes
Serves: 4

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

Utensils Needed:
Measuring spoons
Baking sheet
2 small bowls



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