

# Baked Haddock with Dill Crumb

**EASY** recipe

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|---|---|
| 1 cup whole-grain panko bread crumbs      | 4 haddock (or cod) fillets (5-6 oz. each) |
| 1 lemon, zest and juice                   | Pinch salt and pepper                     |
| 3 tbsp chopped fresh dill, <i>divided</i> | 1 English cucumber                        |
| 3 tbsp olive oil, <i>divided</i>          | 2 medium carrots, peeled                  |

**Preheat** oven to 350°F. **Line** a baking sheet with parchment paper. **In** a small bowl, stir together bread crumbs, lemon zest, 2 tbsp dill and 2 tbsp oil. **Season** fish with salt and pepper. **Press** ¼ bread crumb mixture over top of each fish fillet. **Place** on baking sheet and bake 10 minutes per inch of thickness of fish (usually about 15-20 minutes). **Meanwhile**, use a peeler to make lengthwise ribbons of cucumber and carrot. **In** a bowl, toss ribbons with 1 tbsp lemon juice, remaining olive oil, pinch salt and remaining dill. **Serve** beside fish.



**Makes 4 servings. Per serving:** 342 calories | 38g protein | 12g total fat | 1.5g saturated fat  
8g mono fat | 2g poly fat | 21g carbohydrate | 2g sugar | 314mg sodium | 5g fiber