



Friendly Fish Fillets

1 lb. white fish
(such as grouper or cod)
3/4 cup flour
1/2 cup buttermilk
3/4 cup wheat cracker crumbs
1/2 tsp. salt

1/2 tsp. pepper
1/4 tsp. garlic powder
1 Tbsp. fresh parsley, finely
chopped
1 1/2 Tbsp. canola oil

Cut fillets into 4 squares, about 3 1/2" x 3 1/2" each, rinse and dry well.

Add flour to small bowl; pour buttermilk in another small bowl.

Combine wheat cracker crumbs, salt, pepper, garlic powder, and fresh parsley in med. shallow bowl; blend well with a whisk.

Dip each fish square into flour, then buttermilk, then cracker crumb mixture. Set pieces aside and heat med. nonstick frying pan over med-high heat. Spread 1 1/2 tablespoons of oil in frying pan, then place in all four fish squares.

Fry the fish until the bottoms are golden brown (about 4 minutes) then flip to brown the other side (about 3 minutes longer).

If you're making sandwiches, turn off heat, lay cheese slices over hot fish squares, and cover to melt the cheese.