

Caesar Fish Salad

A crisp Caesar salad with oven-fried white fish fillets, topped with creamy Caesar dressing and sprinkled with Parmesan cheese

Yield:

4 dinner salads

Ingredients:

24 ounces white fish fillets (Tilapia, Pollock, Cod)

For the fish coating*:

1 cup flour

1 teaspoon salt

1/2 teaspoon chili powder

1 teaspoon paprika

1 teaspoon granulated garlic

1/4 teaspoon ground black pepper

2 large eggs

1 tablespoon milk

2 tablespoons butter, melted

For the salad:

2 large heads of romaine lettuce, washed and torn

1/3 cup grated Parmesan cheese

1 cup croutons, optional

~1/3 cup Caesar salad dressing

Sliced fresh tomato, optional

Sliced red onion, optional

Lemon zest, for garnish, optional

Additional Parmesan cheese, for garnish

Instructions:

1.
In a shallow container or bowl, whisk together the flour,

salt, chili

powder, paprika, garlic, and pepper. In a separate shallow bowl or

container, whisk together the eggs and milk.

2. Place melted butter in a 9×13-inch baking dish. Preheat oven to 400 degrees.

3. Pat fish fillets with paper towel to remove excess water. Dip each

fillet first in the flour mixture, then in the egg mixture, and then

once again in the flour mixture. Place coated fillets in the prepared

9×13.

4. Bake fish at 400 degrees until crisp on the outside and flaky

inside, about 15-20 minutes. (Fish should reach an internal temperature

of 145 degrees.) You may flip once during baking, if desired.

5. In a big salad bowl, toss together the romaine lettuce, Parmesan

cheese, croutons (if using), and enough Caesar salad dressing to coat

the lettuce to your liking. (Don't use too much!!) Spoon salad onto

plates or into large salad bowls. Sprinkle diced tomatoes or red onions

on top, if using. Sprinkle with lemon zest (optional) and additional

Parmesan cheese, to taste.

6. Serve salad with the hot fish on top or on the side. Enjoy!



Caesar Fish Salad

This recipe is from Tammy's Recipes.