

## **Pan Fried White Perch**

Serving Size: 1/4 of recipe

Serves: 4

### **Ingredients**

1 egg  
1 cup flour  
1 tablespoon fresh parsley, chopped  
Pinch of salt  
½ teaspoon cracked black pepper  
1 pound fresh perch filets  
2 tablespoons olive oil  
1 lemon, quartered

### **Directions**

Whisk the egg in a small bowl.  
In a separate bowl, combine the flour, parsley, salt and pepper.  
Cut the fish into 4 equal pieces.  
Heat olive oil in a large frying pan over medium heat.  
Dip each piece of fish in the whisked egg.  
Then dredge the fish in the flour mixture to evenly coat; shake off excess flour.  
Place coated pieces immediately in the hot olive oil.  
Cook the fish until lightly browned, about 2 minutes. Turn and cook another 2 minutes until the fish flakes easily with a fork.  
Season with fresh lemon juice before serving.

### **Exchanges per serving:**

3 Lean Meats, 1 Starch

### **Nutrients per serving:**

Calories: 231  
Calories from fat: 75  
Total Fat: 9g  
Saturated Fat: 1g  
Cholesterol: 125mg  
Sodium: 103mg  
Carbohydrate: 13g  
Dietary Fiber: 1g  
Protein: 24g