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