



WALNUT CRUSTED FISH

 @Gleanersfan

WATCH RECIPE VIDEO HERE



Ingredients:

4 fish fillets (about 12oz)

½ cup cornmeal or all purpose flour

3 tbsp dried sage

½ tsp salt

¼ tsp ground black pepper

1 egg

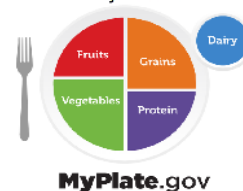
½ cup walnuts finely chopped

2 tbsp fresh parsley, chopped

1 lemon

Non stick cooking spray

Color your meal!



Directions:

1. Preheat oven at 400°F.
2. Mix cornmeal, sage, salt and pepper, and coat fish fillets evenly with it.
3. In a small bowl, combine the mixture (no. 2) with egg and nuts. Spread and press into a thin layer on top of each fillet. Spray with nonstick cooking spray.
4. Bake until cooked for about 10 minutes. Sprinkle with fresh parsley and serve with lemon wedges. Enjoy!

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits?

Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773


F.O.R.
Food and Other Resources
HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

F.O.R.
خط المساعدة
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

food BANK **MiDHHS**
Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

food BANK **MiDHHS**
Operated by the Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

food BANK **MiDHHS**
Operated by the Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

¿TIENE UNA TARJETA BRIDGE?



**COMPRE \$1
OBTENGA \$1 GRATIS
FRUTAS Y VERDURAS**



HAVE A BRIDGE CARD?



**BUY \$1
GET \$1 FREE
FRUITS & VEGGIES**

DoubleUpFoodBucks.org/GetFresh

866.586.2796

**هل لديك "بطاقة الفود
ستامب" BRIDGE CARD?**



**اشتر بقيمة 1 دولار
واحصل على 1 دولار مجانية
من الفواكه والخضراوات**



Scan the QR code below for more resources!



linktr.ee/GleanersKitchen

Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!