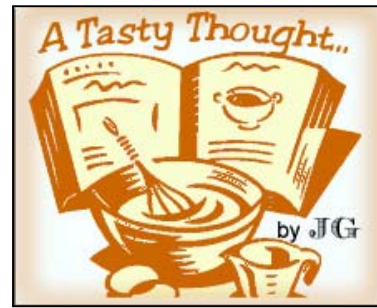


A Recipe compliments of



TRIM ON DOTTED LINE AND
FOLD FOR RECIPE CARD

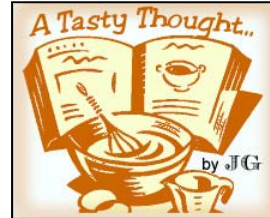


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Breaded Haddock

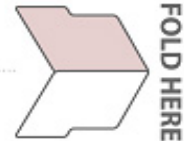
Ingredients

Haddock fillets
2 TBS. Olive Oil (for sauteing & baking)
1/8 tsp. Paprika
1 Cup Seasoned Bread Crumbs
Additional 2 TBS. Olive Oil (for sauteing & baking)



Directions

1. Place about 2 TBS. Olive Oil in shallow pan or large dish.
2. Sprinkle about 1/8 tsp. Paprika over Olive Oil.
3. In a Gallon size Ziploc Bag or baking dish place 1 Cup Seasoned Bread Crumbs.
4. Rinse fish in cold running water.
5. Dip each side of fillet in Olive Oil.
6. Bread each side with Bread Crumbs.
7. Heat about 2 TBS. Olive Oil in a large skillet over Medium heat.
8. Sautee each side of the fish for about 5 Minutes or until fish is flaky.



We enjoy Breaded Haddock more than Baked Haddock. It also takes less time to prepare. Served with a veggie salad or fruit salad and a microwaved "baked" potato dinner is quick! For Grilled Sockeye Salmon, Grilled Haddock or Grilled Swordfish recipes, click on my Blog and type the name into the "Search Blog" bar at the top and click on "Search Blog". More easy directions await!

Enjoy seafood!

JG

A Tasty Thought by JG

JG is an expert cook with over 30 years of experience who has been sharing her favorite family recipes on LongmeadowBiz. Her recipes are simple while the results are outstanding.



Check out my blog for additional hints/ recipes at <http://www.atastythought.blogspot.com/>