

## **Baked Perch**

1 lb of perch fillets (substitutable with other types)  
Cooking spray  
2 Tbsp Italian style bread crumbs  
1 tsp. parsley  
1½ cup parmesan cheese  
½ stick of melted butter

Preheat oven at 450°F. Spray baking pan with cooking spray. Create one layer of fillets on bottom of pan, covering the entire bottom. For the topping, mix bread crumbs, parsley, and parmesan cheese. Using a basting brush, spread melted butter on top of fish, and then spread topping covering all of the fillets. Bake fish for 12-15 minutes, depending on the size of the fillets; fish are done when they are white and flakey when tested with a fork.

Courtesy of [www.wildohio.com](http://www.wildohio.com)