

**Seasonal Eating**  
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**Fish Makes an Easy Weeknight Dinner.**  
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My family has always been fish eaters. When I was in elementary school, we often had baked halibut for Sunday dinner. My Dad is an avid fisherman. While living in Utah, my brother and I would go out with him after work in the summer and catch crappie from a little aluminum fishing boat and in the winter, we would go out on the ice, auger a hole through to the water and fish through the hole while sitting on 5-gallon buckets - talk about cold toes!! - but enjoyed every minute. I've been salmon fishing in Michigan, trout fishing in Colorado and caught snappers and porgies in Florida. My whole family loves fish in all different ways - from fish tacos (a favorite of my nephews) to a smoked mackerel spread with crackers to baked salmon.



I think spring and summer are a perfect time for fish dinners. They somehow seem lighter and more refreshing than the comfort food roasts and casseroles of the fall and winter. This recipe for a French twist on baked fish is packed with flavor and only takes a few minutes to prepare, so it is an excellent choice for a weeknight dinner.

You can use any kind of firm fleshed fish for this recipe. One of my favorites is Mahi Mahi, a mild, firm, white fish. But you can use cod, halibut, tilapia, grouper or even salmon. Pat the surface of the fish dry before spreading with the mayonnaise mixture.

The tops of the fillets are coated with a mixture of mayonnaise, Dijon mustard, horseradish and dill weed. This coating not only gives it a punch of flavor but also helps to keep the flesh moist and tender, so be sure to cover the entire top. Then comes a sprinkling of panko breadcrumbs and Parmesan cheese mixed with a little olive oil to give it a crunchy texture on top.

Try incorporating fish and seafood 2-3 times a week in your menus. The omega 3 fatty acids and lower fat content make it a heart healthy choice. Baking gives fish a great flavor and is much lower in fat than deep frying.

So, give some baked fish a try. And if you can – go fishing! For more information and recipes check out the Seasonal Eating page at [bedford.tennessee.edu](http://bedford.tennessee.edu).

### **French Dijon Baked Fish**

3 tablespoons panko breadcrumbs  
2 tablespoons grated Parmesan cheese  
1 teaspoon olive oil  
1 tablespoon mayonnaise  
1 tablespoon Dijon style mustard  
1 teaspoon cream style horseradish  
1/2 teaspoon dried dill weed  
2 (4-6 ounce) firm white fish fillets  
Kosher salt and black pepper  
2 tablespoons chopped fresh chives  
lemon wedges

In a small bowl, stir together the breadcrumbs, cheese and olive oil. Set aside. In another small bowl, stir together the mayonnaise, mustard, horseradish and dill weed. Place the fish fillets on a baking sheet and sprinkle with a little kosher salt and black pepper. Spread the mustard mixture over the top of each fillet, covering them all the way to the edges. Sprinkle with the breadcrumb mixture. Bake at 400 degrees for about 12-15 minutes or until fish is flaky. If the breadcrumbs are not browned, place under the broiler until toasty brown. Remove to serving plate and sprinkle with chives. Serve with a lemon wedge on the side to squeeze over the top.