Recipe

Ingredients:
- 1/3 cup grated nonfat parmesan cheese
- 1 tsp all-purpose flour
- 3 thyme sprigs, leaves removed and crushed
- 4 (6 oz.) white fish fillets
- 1 medium onion, chopped
- 1 cup halved mushroom caps
- 1/2 cup green onions, finely sliced
- 2 cloves garlic, crushed

Directions:
1. Preheat oven to 350° F. Place cheese, flour and thyme in paper bag.
2. Individually coat fish by gently shaking in bag; discard coating ingredients.
   Place fillets in baking pan on rack.
3. Bake for 20 minutes or until fish flakes easily when tested with a fork.
4. Heat skillet over medium-high heat. Add onion, mushrooms, green onions and garlic. Cook, stirring frequently, until onions are tender. Season with ground black pepper.
5. Serve baked fish over rice or pasta and top with mushroom mixture.