

A tasty and nutritious way to prepare fish

November 8 2019, by Len Canter, Healthday Reporter



(HealthDay)—Want to get more fish in your diet with a lot more flavor? This two-step technique yields a crispy outside and flaky fish within.

Cooking [fish](#) in a skillet is a fast and flavorful way to prepare this healthy, low-calorie protein. The trick to searing fish and getting a crisp top is to start with a light dusting of flour. This alternative to breading also saves a lot of calories. Then, to get the same type of crunch without deep-frying, give your filets a short blast in the oven.

If you've shied away from cod in the past, it's time to try it again. It's a high-protein, low-fat fish, and a good source of B12 and niacin.

Crispy Cod With Spinach

- 2 tablespoons gluten-free or whole-wheat flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 3 tablespoons grapeseed or safflower oil
- 2 6-ounce cod filets
- Cooking spray
- 2 garlic cloves, minced
- 1 pound baby spinach
- 1 tablespoon butter

Preheat oven to 400 degrees.

Place flour on a plate and mix with salt, black pepper and paprika. Dip filets into [flour](#) mixture and transfer to another plate.

Add the oil to an oven-safe skillet and warm over medium-high heat for about 1 minute. Add the filets and [cook](#), without turning, for 4 to 5 minutes until crispy. Flip the filets in the pan and slide the pan into the oven. Bake 5 minutes more until the flesh is cooked through and flakes when pressed with a fork.

While fish cooks, coat a large skillet with cooking spray and place over medium heat. Add garlic and cook 2 to 3 minutes, stirring often until the garlic starts to brown.

Cook spinach in batches, adding handfuls to the skillet and tossing to wilt, about 1 to 2 minutes per batch, then transfer to a large bowl. When all the [spinach](#) is cooked, add the butter and toss well to coat. Serve immediately with the fish.

Yield: 2 servings

More information: The university-based nonprofit Seafood Health Facts has more on [cod](#) and the various types available.

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