

Simply7 Lentil Chip Crusted Baked Fish in a Snap

Description

Kelley and I were at Costco and happened upon this giant bag of [Simply7](#) Lentil Chips about 2 weeks ago. We both said they sounded good, and after I scrutinized the ingredients, they seemed fairly decent. Non-GMO is a big one I look for too. After going back and forth, I repeatedly asked Kelley if she would help me eat the bag if we got this plus-sized potato sack of lentil chips. “Yes, I’ll help,” she replied. Ha!



Fast forward to now and after her “helping” by eating about 10 of the eleven million chips, I was almost through the bag. Since I was tired of throwing them on my salads, eating them with carrots (pretty good, by the way), dipping in Greek yogurt, and just straight up snacking on them, I figured I’d use the rest in a recipe.

Thus, the crusted baked fish idea came about. We had a giant pack (yes, from Costco) of wild Dover Sole that I needed to cook, so why not add some crushed chips?



All you need is an almost empty gigantic bag of lentil chips, white fish of choice (chicken would be good too), and an oven.

First off, you need to crush the chips. Being a parent, I made use of stroller and swing, as you can see. Hand crushing would work too, but itâ€™s not as fun.



Once they are crushed, toss in about 5 Dover Sole filets (these are thin, so adjust accordingly with what you have), fold the bag, and shake to coat. The chips donâ€™t stay on very well, probably needed to use egg wash, but thereâ€™s no time when working against a sleeping baby clock!



After they are coated, lay on a parchment lined baking sheet and bake in a pre-heated oven at 350 degrees for about 15 – 20 minutes. The house will smell pretty fishy, that’s a good indicator they’re almost done.

Remove from oven, let cool, then serve with a side of steamed veggies like broccoli or Brussels, and maybe quinoa or a sweet potato. For an extra kick, I like topping the fish with some salsa, so feel free to do the same.



Not the prettiest, but nothing is after it’s broken down by your stomach acid. Just saying!

There you go, quick, easy, delicious, and healthy all together. Make a lot for leftovers; as parents, we can always use the extra time!

Date Created

2014/02/02

default watermark