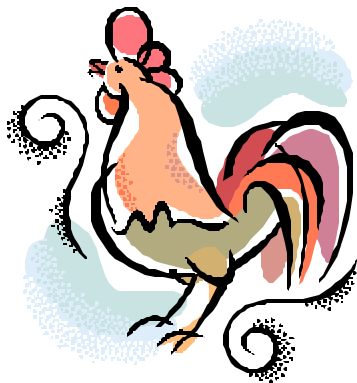


Crispy Parmesan Chicken (or Fish)

- 1 pound mild fish or chicken fillets
- 3 TBS Miracle Whip Salad Dressing (or light Miracle Whip)
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- 1 TBS fresh minced onion
- 1 cup grated Parmesan cheese (or enough to completely cover the fish/chicken)



Preheat oven to 350, and spray a shallow baking dish with non-stick spray. Place fish or chicken in the prepared pan. In small bowl, combine the Miracle Whip, mustard, Worcestershire, and onion, and spread evenly over fillets. Sprinkle with cheese until completely covered. Bake uncovered for 30 minutes or longer (until done) and crispy on top. If your chicken is crispy on the top but not done on the inside, cover loosely with alum. foil and continue baking until chicken reaches internal temp of 180 degrees or higher.