

Orange Roughy Almondine

12	orange roughy fillets
6 oz	sliced almonds
12 cloves	garlic, diced (very fine)
2 cups	grated Kraft parmesan cheese
1 cup	milk
6 Tbsp	butter
6Tbsp	olive oil
*	salt
*	pepper

Put milk in shallow bowl and spread parmesan on a waxed paper. Pat fillets dry with a paper towel and dredge in milk and then parmesan and set aside on fresh wax paper. Salt and pepper each fillet.

Heat 1/3 of oil and 1/3 of butter in large nonstick skillet over medium high heat; spread 1/3 of almonds and 1/3 of garlic on heated skillet and press 4 of the fillets into almond/garlic in butter/oil; sauté 4 minutes and turn carefully (first side should be golden-brown).

Sauté second side for 4 minutes and remove from skillet and keep warm. Fish should flake apart when tested with a fork. Wipe skillet with a paper towel and repeat the process with the next two batches of four fillets.

Serve next to pasta.