

Striped Bass Parmesan (serves 6)[Close Window](#)

2 pounds striped bass fillets
1 cup nonfat sour cream
¼ cup grated Parmesan cheese
1 tablespoon lemon juice
2 tablespoons green onions slices
1/8 teaspoon hot pepper sauce
Paprika
Parsley sprigs
Non-stick spray

Preheat oven to 350°F. Cut fillets into individual servings; arrange side-by-side into a non-stick spray-treated baking dish. Combine sour cream, grated cheese, lemon juice, green onion slices and hot pepper sauce; spread over fish. Sprinkle lightly with paprika. Bake for 10 minutes per inch of thickness or until fish is flaky and no longer translucent in the center. Serve hot, garnished with parsley sprigs.