ROUGHY READY FILLETS

4 ORANGE ROUGHY FILLETS (4-6 OUNCES) ¼ CUP FINE DRY BREAD CRUMBS

1 TSP CHOPPED PARSLEY ½ TSP PAPRIKA

¼ CUP PLAIN YOGURT 1 TSP DRY MUSTARD

 COMBINE BREADCRUMBS, PARSLEY AND PAPRIKA IN A SHALLOW DISH. COMBINE YOGURT AND MUSTARD. DIP FILLETS IN YOGURT MIXTURE, AND DREDGE IN BREADCRUMB MIXTURE. PLACE I N A 9 INCH SQUARE BAKING DISH COATED WITH COOKING SPRAY. BAKE AT 400 DEGREES FOR 20 MINUTES. FOR MICROWAVE, COVER AND BAKE 4 TO 5 MINUTES OR UNTIL FISH FLAKES EASILY WHEN TESTED WITH A FORK. SERVE WITH LEMON WEDGES.