

## MAHI MAHI AL FORNO WITH SOY & SCALLIONS

from [wegmans.com](http://wegmans.com)

(serves 4)

### *Ingredients*

- 4 (about 6 oz each) Food You Feel Good About Wild-Caught **Mahi Mahi Fillets**
- 2 Tbsp Food You Feel Good About **Basting Oil**
- ½ cup Food You Feel Good About **White Panko Bread Crumbs**
- 2 **green onions** trimmed, thinly sliced
- 2 Tbsp Asian Classics **Reduced-Sodium Soy Sauce**  
**Wegmans Garlic Herb Seasoning Shak'r** (grocery dept)

### *Preparation*

- 1.** Preheat oven to 450°F.  
Spray baking sheet with nonstick spray; place fish on sheet.
- 2.** Combine basting oil, panko, and green onions in a small bowl.
- 3.** Drizzle each piece of fish with ½ Tbsp soy sauce. Lightly season with seasoning salt; top each with ¼ of the panko mixture.
- 4.** Bake about 14 minutes, or until internal temp reaches 130°F (check by inserting thermometer halfway into thickest part of fish). Remove from oven; let rest 2 minutes.

***Chef Tips*** Finish with Wegmans Citrus Soy Sauce.