

Minterbrook Oyster Parmesan Fry

- 2 egg whites, whipped
- 1/4 cup parmesan cheese
- 1/4 cup Italian bread crumbs
- 2 Tbsp olive oil
- 1 tsp lemon or lime juice
- 3 cloves garlic, minced
- 1/4 cup green onion, chopped
- 1/4 cup fresh parsley, chopped



Drain oysters and pat dry with a paper towel. In a small bowl, whip egg whites. On a plate, mix parmesan cheese and Italian bread crumbs and set aside. In a fry pan, add olive oil, lemon or lime juice, garlic, onion and parsley. Cook together for 1 minute. Dip oysters in egg whites, then bread in crumb mixture and fry in olive oil until golden brown. Serves 2.

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