Baked Orange Roughy

2 cups dry bread crumbs

1/2 cup grated Parmesan cheese

1/2 cup chopped fresh parsley (or dried)

1 tsp paprika

1 tsp dried oregano

1/2 tsp dried basil

2 tsp salt

1 tsp pepper

6 orange roughy fillets

1 cup buttermilk, well shaken

Mix first 8 ingredients. Spray a baking dish with cooking spray.

Dip each fillet in the buttermilk.

Coat it with crumbs, pressing to be sure they adhere.

Arrange the fillets in the baking dish and bake uncovered for 25 minutes at 375.