



Mouth Watering Oven-Fried Fish

For variety, try this heart-healthy fish recipe with any kind of fish.

Ingredients:

- 2 lbs fish fillets
- 1 Tbsp lemon juice, fresh
- 1/4 cup skim milk or 1% buttermilk
- 2 drops hot pepper sauce
- 1 tsp garlic, fresh, minced
- 1/4 tsp white pepper, ground
- 1/4 tsp salt
- 1/4 tsp onion powder
- 1/2 cup cornflakes, crumbled or regular bread crumbs
- 1 Tbsp vegetable oil (for greasing baking dish)
- 1 lemon fresh, cut in wedges

Directions:

1. Preheat oven to 475° F.
2. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot pepper sauce, and garlic.
4. Combine pepper, salt, and onion powder with cornflake crumbs and place on a plate.
5. Let fillets sit in milk briefly. Remove and coat fillets on both sides with
6. seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
7. Arrange on lightly oiled shallow baking dish.
8. Bake 20 minutes on middle rack without turning.
9. Cut into 6 pieces. Serve with fresh lemon.

Nutritional Information: Makes 6 servings--Serving size: 1 cut piece
Calories 183 /Fat 2 g /Saturated fat less than 1 g /Cholesterol 80 mg
Sodium 325 mg

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