OVEN BAKED FISH

SERVES 4

Preparation time: 10 minutes
Cook time: 15 minutes

INGREDIENTS

1/3 cup all-purpose flour
1/4 teaspoon pepper
1 egg
2 tablespoons water
2/3 cups crushed corn flakes
1 tablespoon grated parmesan cheese
1/8 teaspoon cayenne or black pepper (optional)
1 pound haddock fillets or fish of your choice

DIRECTIONS

1. Preheat oven to 425° F.
2. Combine flour and pepper in a shallow bowl.
3. In a second bowl, combine egg and water.
4. In a third bowl, combine corn flakes, cheese and pepper.
5. Coat fish in the flour mixture (dredge), then dip in egg mixture. Finally, coat with corn flake mixture.
6. Place fish fillets on a baking sheet that has been coated with nonstick spray or lightly oiled.
7. Bake at 425°F for 10-15 minutes or until fish flakes easily with a fork.

Visit the website for more recipes: http://z.umn.edu/therecipebox

Nutrition Facts

Nutritional Info per Serving:
Calories: 157
Total Fat: 2g
Polyunsaturated Fat: <1g
Monounsaturated Fat: 1g
Saturated Fat: 1g
Trans Fat: <1g
Cholesterol: 109mg
Sodium: 309mg
Potassium: 361mg
Carbohydrate: 11g
Fiber: 1g
Sugar: <1g
Protein: 22g
Vitamin D: 1µg (10%)
Calcium: 36mg (4%)
Vitamin A: 48RE (6%)
Vitamin C: <1mg (0%)
Iron: 2mg (9%)

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