

Mouth-Watering Oven Fried Fish

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Oven Fried Fish	0	0	0	1	325
TOTAL:	0	0	0	1	325

Serves: 6

1 Serving = 1 cut piece

Ingredients

- 2 pounds fish fillets
- 1 tablespoon fresh lemon juice
- ¼ cup fat-free or 1% buttermilk
- 2 drops hot sauce
- 1 teaspoon fresh garlic, minced
- ¼ teaspoon ground white pepper
- ¼ teaspoon salt
- ¼ teaspoon onion powder
- ½ cup crumbled cornflakes or regular bread crumbs
- 1 tablespoon vegetable oil
- 1 fresh lemon, cut in wedges

Directions

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