



## Mouth Watering Oven-Fried Fish

### Ingredients:

- 2 lbs fish fillets
- 1 Tbsp lemon juice, fresh
- 1/4 C skim milk or 1% buttermilk
- 2 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 C cornflakes, crumbled or regular bread crumbs
- 1 Tbsp olive oil (for greasing baking dish)
- 1 lemon, fresh, cut in wedges

### Directions:

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

### Nutrition Facts Per Serving:

Calories	183	Saturated Fat	0.5 gm	Carbohydrate	3 gm
Fat	2 gm	Sodium	325 mg	Fiber	0 gm

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