

Mouth-Watering Oven-Fried Fish

Ingredients:

- 2 pounds fish fillets*
- 1 Tablespoon fresh lemon juice
- ¼ cup fat-free or low-fat buttermilk
- 1 teaspoon fresh garlic, minced
- ⅛ teaspoon hot sauce
- ¼ teaspoon ground white pepper
- ¼ teaspoon salt
- ¼ teaspoon onion powder
- ½ cup cornflakes, crumbled, or regular bread crumbs
- 1 Tablespoon vegetable oil
- 1 fresh lemon, cut in wedges

Preparation:

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

*Atlantic cod and low-fat buttermilk (1%) were used for the nutritional analysis.

Yields 6 (1 piece) servings

Nutritional Information Per Serving: 150 calories, 25g protein, 4g carbohydrate (0g fiber), 3.5g fat, 60mg cholesterol, 210mg sodium

Source: U.S. Department of Agriculture

