

# Mouth-Watering Oven-Fried Fish



Number of Servings: 6

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 flaked corn cereal, crumbled or regular bread crumbs  
1 Tbsp vegetable oil (for greasing baking dish)  
1 lemon fresh, cut in wedges

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 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 six pieces. Serve with fresh lemon.

Nutritional Analysis: per serving  
Calories – 183  
Fat – 2g  
Saturated fat - <1g  
Cholesterol – 80g  
Sodium – 325mg