

# Oven Fried Fish

**Makes:** 4 Servings

## Ingredients

- 1 egg (slightly beaten)
- 1/2 **teaspoon** salt (optional)
- 1/2 **teaspoon** black pepper
- 1 **pound** tilapia fillets, fresh or thawed (4 fillets)
- 1/2 **cup** bread crumbs
- 1 **tablespoon** butter, melted
- 1 fresh lime or lemon, sliced (optional)

## Directions

1. Preheat oven to 350°F.
2. In a small bowl, add egg, salt (if desired), and pepper and beat together.
3. Dip fish fillets in the egg mixture, then coat with bread crumbs.
4. Melt butter in a shallow 9x13 inch baking pan.
5. Arrange fish fillets in the pan, turning to coat with melted butter.
6. Bake uncovered for 20-25 minutes, until fish flakes easily with a fork. Serve topped with lime or lemon slices (optional).

## Notes

### Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|---------------|--------|----------------|
|---------------|--------|----------------|

|                |        |     |
|----------------|--------|-----|
| Total Calories | 200    |     |
| Total Fat      | 7 g    | 11% |
| Protein        | 25 g   |     |
| Carbohydrates  | 10 g   | 3%  |
| Dietary Fiber  | 1 g    | 4%  |
| Saturated Fat  | 3 g    | 15% |
| Sodium         | 180 mg | 8%  |

### MyPlate Food Groups

|               |           |
|---------------|-----------|
| Grains        | 1/2 ounce |
| Protein Foods | 3 ounces  |

Instead of bread crumbs, 1/2 cup crushed, unsweetened cereal or 1/2 cup crushed saltine crackers can be used.

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.