

# Baked Fish with Corn Crust

Rating: ★★★★★

Makes: 2 Servings

A whole new way to eat fish! Bake fish with crushed corn flakes instead of bread crumbs.

## Ingredients

- nonstick cooking spray
- 1 cup** corn flakes cereal (crushed into crumbs)
- 2** fish fillets (about 6 ounces of either trout, flounder, or other white fish)
- 1 cup** 1% milk
- 1/8 teaspoon** salt
- 1/4 teaspoon** black pepper
- 2/3 tablespoon** margarine (2 teaspoons)

## Directions

1. Preheat oven to 350 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Place milk in bowl. In another bowl, combine salt, black pepper, and corn flakes.
3. Dip fish fillets in milk, then dip in cereal to coat the outside. Place fillets on baking sheet.
4. Place 1 teaspoon margarine on top of each fish fillet.
5. Bake for 10 to 15 minutes or until browned and fish is cooked through.

Recipe adapted from Food.com

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	290	
Total Fat	6 g	
Protein	37 g	
Carbohydrates	17 g	
Dietary Fiber	NA	
Saturated Fat	2.5 g	
Sodium	470 mg	