

"Catch of the Day" Baked Fish

Rating: ★★★★★

Makes: 10 or 50 Servings

10 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
White fish fillets (cod, tilapia), frozen, unbreaded	15 oz		76 oz	
Dijon mustard		2 Tbsp		10 Tbsp
Crushed bran flakes		1 cup		5 cups

Directions

1. Preheat oven to 400°F.
2. Coat a baking sheet evenly with oil or cooking spray.
3. Brush mustard over fish fillets.
4. Crush bran flake cereal into crumbs and sprinkle over fillets.
5. Place on prepared baking sheet.
6. Bake 20-25 minutes, until fish is white throughout and flakes easily with a fork.

Notes

Serving Tips:

You can also use rye, whole wheat or any type of whole grain bread crumbs for this recipe. Simply toast the bread and crumble it to make the crumbs.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	51	
Total Fat	1 g	
Protein	8 g	
Carbohydrates	3 g	
Dietary Fiber	1 g	
Saturated Fat	0 g	
Sodium	99 mg	