

Mouth-Watering Oven-Fried Fish

Rating: ★★★★★

Makes: 6 servings

Ingredients

- 2 pounds** fish fillets (see notes)
- 1 tablespoon** lemon juice (fresh)
- 1/4 cup** buttermilk (fat-free or low-fat, see notes)
- 1 teaspoon** garlic (fresh, minced)
- 1/8 teaspoon** hot sauce
- 1/4 teaspoon** white pepper (ground)
- 1/4 teaspoon** salt
- 1/4 teaspoon** onion powder
- 1/2 cup** corn flakes (crumbled or regular bread crumbs)
- 1 tablespoon** vegetable oil
- 1** lemon (fresh, cut in wedges)

Directions

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.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	150	
Total Fat	3.5 g	5%
Protein	25 g	
Carbohydrates	4 g	1%
Dietary Fiber	0 g	0%
Saturated Fat	0.5 g	3%
Sodium	210 mg	9%

7. Bake for 20 minutes on middle rack without turning.

8. Cut into 6 pieces. Serve with fresh lemon.

Notes

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

May substitute black pepper for white pepper.