

Oven Fried Fish

by Lindsey Sexton - June 21, 2021



This light tasting tilapia is worth a try if you are new to cooking fish. Oven frying ensures an even cooking temperature throughout the process yielding a wonderful crunch. Want to spice it up a bit? Substitute your favorite flavored salt for the amount of regular salt called for in the recipe.

Serves 4



Ingredients



Directions



Nutritional Information



- 1 egg
- ½ teaspoon salt
- ½ teaspoon black pepper
- 4 4oz. tilapia fillets, fresh or thawed
- ½ cup cornflakes, finely crushed
- 1 tablespoon butter, melted
- 1 fresh lime or lemon, sliced (optional)

1. Preheat oven to 350° F. While oven is preheating, melt butter in 9x13 pan.
2. Sprinkle fish filets with salt or seasoned salt of your choosing.
3. In a small bowl, beat together egg and pepper.
4. One at a time, dip fish fillets in egg mixture then crushed cornflakes.
5. Arrange fish fillets in the pan, turning to coat with melted butter.
6. Bake uncovered for 20 to 25 minutes, until fish flakes easily with a fork. Serve topped with lime or lemon slices.

Calories 210
Fat 7g
Protein 26g
Fiber 1g
Sodium 480mg
Carbohydrate 12g

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