



## Oven-Fried Fish

Makes: 4 servings (1 fillet per serving)

Preparation Time: 10 minutes

Cooking Time: 15 to 20 minutes

### Ingredients

- 1 egg, slightly beaten
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup bread crumbs
- 1 pound frozen tilapia fillets, thawed (4 fillets)
- 1 tablespoon melted butter
- 1 fresh lime or lemon, sliced (optional)

### Directions

1. Preheat oven to 350°F.
2. Wash the lime or lemon (if using).
3. Collect, slice, and measure all ingredients before starting to prepare the recipe.
4. In a small bowl, add egg, salt, and pepper, and beat together.
5. Put bread crumbs in a separate small bowl.
6. Dip fish fillets in the egg mixture, then dip in the bread crumbs to coat.
7. Melt butter in a shallow 9 inch x 13 inch baking pan for 1 minute in the oven.
8. Remove the pan from the oven, and tilt pan to coat with butter.
9. Arrange fish fillets in the pan.
10. Bake uncovered for 15 to 20 minutes or until fish flakes easily with a fork.
11. Serve topped with lime or lemon slices (if using).
12. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Instead of breadcrumbs, use crushed, unsweetened cereal or crushed crackers.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 Fillet (160g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 27g	<b>54%</b>
Vitamin D 9mcg	<b>45%</b>
Calcium 52mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 612mg	<b>15%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.