

Oven Fried Fish

Makes: 4 Servings

Ingredients

- 1 egg (slightly beaten)
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon black pepper
- 1 pound tilapia fillets, fresh or thawed (4 fillets)
- 1/2 cup bread crumbs
- 1 tablespoon butter, melted
- 1 fresh lime or lemon, sliced (optional)

Directions

1. Preheat oven to 350°F.
2. In a small bowl, add egg, salt (if desired), and pepper and beat together.
3. Dip fish fillets in the egg mixture, then coat with bread crumbs.
4. Melt butter in a shallow 9x13 inch baking pan.
5. Arrange fish fillets in the pan, turning to coat with melted butter.
6. Bake uncovered for 20-25 minutes, until fish flakes easily with a fork. Serve topped with lime or lemon slices (optional).

Nutrition Information

Nutrients	Amount
Calories	200
Total Fat	7 g
Saturated Fat	3 g
Cholesterol	101 mg
Sodium	180 mg
Total Carbohydrate	10 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	1 g
Protein	25 g
Vitamin D	120 IU
Calcium	44 mg
Iron	1 mg
Potassium	356 mg

N/A - data is not available

MyPlate Food Groups

 Grains	1/2 ounce
 Protein Foods	3 ounces

Notes

Instead of bread crumbs, 1/2 cup crushed, unsweetened cereal or 1/2 cup crushed saltine crackers can be used.

Source: Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.