



The Right Bite

Lighter Fried Fish Fillets

(from the Kitchen of Jenilee Lemmon)

8 Servings Ingredients

You'll Need:

Non-stick spray
1 pound fish fillets
2 tablespoon Parmesan cheese
1 1/2 tablespoons yellow cornmeal
1 1/2 tablespoons whole wheat flour
1/2 teaspoon pepper
1/2 teaspoon Hungarian paprika (optional)
1 tablespoon olive or canola oil

Take Out:

Large shallow baking dish
Measuring spoons
Large plastic freezer bag
Pancake turner

Directions:

1. Spray baking dish with non-stick spray.
2. Preheat oven to 400 degrees.
3. Rinse fillets under cold water, pat dry.
4. Combine Parmesan cheese, cornmeal, flour, pepper, and paprika in plastic bag.
5. Shake fillets one at a time in bag to coat with cheese mixture.
6. Place fillets in baking dish. Drizzle oil over fillets. Bake about 10 minutes per inch thickness of fish or until fish is opaque when flaked. Fillets may need to be turned half way through baking.

Nutrition Facts per Serving:

Calories	190
Carbohydrate	3 grams
Fat	8 grams
Sodium	220
Protein	22 grams

Exchanges: 2 vegetables, 1 starch, 1 meat

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