

Lighter Fried Fish Fillets

Yield: 8 servings



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

INGREDIENTS

- 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 paprika (optional)
- 1 tablespoon olive or canola oil

INSTRUCTIONS

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.

NOTES

Serving Size: (1) 2 ounce filet

Nutrition Facts per Serving:

Calories 190

Carbohydrate 3g

Fat 8g

Sodium 220mg

Protein 22g

Source: Jenilee Lemon

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