

Blue is Better Recipe (Serves 4)

Oven-Baked Fish

Ingredients

- 4-6 oz. fish fillets
- 1 c. cornflake crumbs
- 1 tsp. celery seed
- 1/2 tsp. onion powder
- 1/4 tsp. paprika
- 1/8 tsp. pepper
- 1 egg white
- 2 Tbsp. fat-free milk

Preparation Instructions

1. Pat fish dry. Combine cornflakes, celery seed, onion powder, paprika & pepper.
2. In a separate bowl, beat the egg white & milk. Dip fillets into egg white mixture, then coat with crumb mixture.
3. Place in a 13x9x2" baking dish coated with cooking spray. Bake, uncovered at 350° for 25-30 minutes or until fish flakes easily with a fork.



NUTRITION FACTS

Serving Size

6-oz. fish

Amount Per Serving:

Calories	319
Calories from Fat.....	117
Total Fat	13 g
Saturated Fat.....	3 g
Cholesterol	80 mg
Sodium	0 mg
Carbohydrate	19 g
Dietary Fiber.....	<1 g
Protein	30 g