

Mouth-Watering Oven-Fried Fish

Budget-friendly recipe

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Ready in: 0 mins.

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This heart healthy dish can be made with many kinds of fish—to be enjoyed over and over.



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Cut this recipe in half to save money.

Ingredients

2 pounds Fish fillets
1 tablespoon Lemon juice *fresh*
¼ cup Fat-free buttermilk 1% buttermilk
2 Hot sauce *drop*
1 teaspoon Fresh garlic *minced*
¼ teaspoon White pepper *ground*
¼ teaspoon Salt
¼ teaspoon Onion powder
½ cup Cornflakes Bread crumbs *crushed*
1 tablespoon Vegetable oil
1 Fresh lemon *cut in wedges*

What You'll Need

Measuring spoon
Measuring cup
Cutting board
Knife
Paper towel
Medium bowl
Spoon
Medium size plate
Baking dish

Directions

1. Preheat oven to 475 °F.
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry with paper towels.
3. In a medium bowl, mix milk, hot sauce, and garlic.
4. Combine pepper, salt, and onion powder with crumbs and place on medium size plate.
5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake for 20 minutes on middle rack without turning.
8. Cut into 6 pieces. Serve with fresh lemon.

Nutrition Info and more

Serving size: 1 piece

Total calories: 183 Total fat: 2 g Saturated fat: 0 g Carbohydrates: 10 g Protein: 30 g Fiber: 1 g

Sodium: 325 mg