



Oven-fried fish

ingredients

- 2 lb fish fillets
- 1 Tbsp lemon juice
- ¼ C fat-free or 1 percent buttermilk
- 2 drops hot sauce
- 1 tsp fresh garlic, minced
- ¼ tsp ground white pepper
- ¼ tsp salt
- ¼ tsp onion powder
- ½ C cornflakes, crumbled, or regular bread crumbs
- 1 Tbsp vegetable oil
- 1 fresh lemon, cut in wedges

directions

- Preheat oven to 475 °F.
- Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
- Combine milk, hot sauce, and garlic in a mixing bowl.
- Combine white pepper, salt, and onion powder with cornflakes, and spread on a plate.
- Let fillets sit briefly in milk mixture. Remove a fillet, coat on both sides with seasoned crumbs, and let stand briefly until coating sticks to each side of fish. Repeat for all fillets.
- Arrange fillets on a lightly oiled shallow baking dish.
- Bake for 20 minutes on middle rack without turning.
- Cut into 6 pieces. Serve with fresh lemon.