

Mouth-Watering Oven-Fried Fish

Prep Time: 10 minutes | Cook Time: 20 minutes | Total Time: 30 minutes

Ingredients

2 pounds fish fillets (salmon)

1 tablespoon lemon juice

1/4 cup fat-free or 1% buttermilk

2 drops hot sauce

1 teaspoon fresh garlic, minced

1/4 teaspoon ground white pepper

1/4 teaspoon salt

1/4 teaspoon onion powder

1/2 cup cornflakes, crumbled (or regular breadcrumbs)

1 tablespoon oil

1 fresh lemon, cut into wedges

Instructions

1. Preheat oven to 475 °F.
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. In a mixing bowl, combine buttermilk, hot sauce, and garlic.
4. On a plate, combine cornflakes (or breadcrumbs) with white pepper, salt, and onion powder.
5. Dip fillets into the milk mixture briefly. Then coat each side with the seasoned crumbs. Let stand until coating sticks.
6. Arrange fillets on a lightly oiled shallow baking dish.
7. Place dish on the middle oven rack and bake for 20 minutes; do not turn.
8. Cut into six pieces and serve with fresh lemon wedges.

Tip: Using cornflakes instead of frying gives you that crunch without the extra fat!

Nutrition Information

Makes 6 servings.
Serving size: 1 cut piece

Calories	183
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	80 mg
Sodium	325 mg
Total Fiber	1 g
Protein	30 g
Carbohydrates	10 g
Potassium	453 mg

Nutrition Terms Defined

Calories: A measure of the energy provided by food.

Total Fat: All types of fat in the food — includes both healthy and unhealthy fats.

Saturated Fat: A type of fat that can raise “bad” cholesterol levels when eaten in excess.

Cholesterol: A waxy substance found in the blood. Too much from food can affect heart health.

Sodium: A mineral that helps regulate fluid balance, but too much can raise blood pressure.

Fiber: The part of plant foods that helps with digestion and supports heart health.

Protein: A nutrient that builds and repairs tissues, including muscles.

Carbohydrates: The body’s main source of energy; includes sugars, starches, and fiber.

Potassium: A mineral that helps control blood pressure and supports heart and muscle function.

Fat Attack™

Source

Heart-Healthy Home Cooking African American Style
National Heart, Lung, and Blood Institute
https://www.nhlbi.nih.gov/resources/heart-healthy-home-cooking-african-american-style

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