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## Oven Fried Fish

### Ingredients:

- 2 Tablespoons cornmeal
- ¼ cup dry bread crumbs
- ¼ teaspoon salt
- ¼ teaspoon paprika
- 1/8 teaspoon dried dill weed
- dash of pepper
- 1 pound fish fillets
- ¼ cup buttermilk
- 2 Tablespoons butter, melted
- vegetable oil spray

*Makes 4 servings - 23% calories from fat*

### Instructions:

1. Preheat oven to 450° F. Lightly spray baking pan with vegetable oil spray.
2. In a medium bowl mix together the cornmeal, bread crumbs, salt, paprika, dill weed and pepper. Set aside.
3. Cut each fillet in half or quarters.
4. Measure buttermilk into a shallow bowl. Dip fish in buttermilk, then in breading mixture, coating all sides.
5. Place fish in pan; drizzle with butter. Bake 10 to 20 minutes depending on the thickness of your fish fillet, or until fish flakes easily with a fork.

Note:

- You may substitute ½ cup nonfat plain yogurt for the buttermilk.

Nutrition Facts	
Serving Size 1 portion	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 160</b>	Calories from Fat 35
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 480mg</b>	<b>20%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 20g</b>	
Vitamin A 4%	Vitamin C 0%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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