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Oven Fried Fish

Ingredients

- 2 Tablespoons cornmeal
1/4 cup dry bread crumbs
1/4 teaspoon salt
1/4 teaspoon paprika
1/8 teaspoon dried dill weed
dash of pepper
1 pound fish fillets
1/4 cup buttermilk
2 Tablespoons butter, melted
vegetable oil spray

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 1/2 cup nonfat plain yogurt for the buttermilk.

Makes 4 servings

Last Revised: March 2012

Nutrition Facts

Table with 2 columns: Amount Per Serving and % Daily Value. Includes rows for Total Fat (4g, 6%), Saturated Fat (2g, 10%), Cholesterol (70mg, 23%), Sodium (480mg, 20%), Total Carbohydrate (9g, 3%), Protein (20g), and Vitamins A, C, Calcium, and Iron.

23% calories from fat



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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.