

Oven Fried Fish

Oven fried fish pairs well with fresh summer vegetables or hearty root vegetables in the winter.

Makes: 4 servings

Ingredients

- 1 large egg, slightly beaten
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup breadcrumbs
- 1 pound tilapia fillets, fresh or frozen and thawed (4 fillets)
- 1 tablespoon butter, melted
- lime or lemon slices (optional)



Directions

1. Preheat oven to 350°F.
2. In a small bowl, add egg, salt, and pepper and beat together.
3. Place the breadcrumbs in a separate bowl. Dip fish fillets in the egg mixture, then dip in the breadcrumbs to coat.
4. Melt butter in a shallow 9x13 inch baking pan for 1 minute in the oven. Tilt pan to coat with butter.
5. Arrange fish fillets in the pan.
6. Bake uncovered for 15-20 minutes, until fish flakes easily with a fork. Serve topped with lime or lemon slices if desired.

Recipe from: *Eating Smart, Being Active*, Colorado State University and University of California at Davis, adapted by the USDA Food and Nutrition Administration.

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