



Oven-Fried Fish Fillets

Makes 6 servings | Serving size: 4-5 ounces

Ingredients Needed:

- 2 pounds fish fillets, fresh or frozen
- ½ cup evaporated skim milk*
- ½ teaspoon salt
- Cereal flakes, unsweetened, to make 1½ cups crumbs
- 2 Tablespoons canola oil

Directions:

1. Thaw fish if it is frozen, and cut into serving-size pieces.
2. Crush cereal into crumbs by putting flakes in a plastic bag and rolling with a rolling pin. Place cereal crumbs on a plate.
3. Combine evaporated skim milk and salt. Dip fish in milk.
4. Take fish from milk and dredge in cereal crumbs.
5. Put fish on a greased baking dish, skin side down. Drizzle oil over fish.
6. Bake in a hot oven, 450°F, for 12-15 minutes, or until fish flakes easily when tested with a fork.

* Refrigerate remaining evaporated milk. Use within two days in quick bread, pancakes, soup, sauce or chowder.