Oven-Fried Fish

Serving Size: 4 ounces  
Yield: 4 Servings

**Ingredients:**
1 lb fish fillets (cut into 4 pieces)
2 cups corn flakes
½ tsp each onion powder, oregano, basil, and paprika
1 tsp Parmesan cheese
¾ cup evaporated fat-free milk
4 tsp canola oil

**Instructions:**
1. Preheat oven to 450°F.
2. Roll cornflakes into fine crumbs between layers of waxed paper. Add spices.
3. Pour milk into shallow pan. Dip fish in milk, then crumbs.
5. Bake for 10 minutes. Serve hot.

**Nutrition Per Serving:**
Calories 212, Calories from Fat 56, Protein 24g, Fat 6g (sat 0g), Carbohydrate 14g, Fiber 0g, Cholesterol 80mg, Sodium 273mg, Sugar 2g

**Healthy Tips:**
- Tilapia is a light, flaky, mild fish that is usually affordable.

Omega-3 fatty acids (contained primarily in oily fish and certain plant oils such as those found in flaxseed and some nuts) are indeed critical for preventing and treating heart disease as well as controlling the inflammation that causes it and other chronic health problems such as arthritis.