

Main

Oven-Fried Fish

Cost: Per Recipe: \$5.38 Per Serving: \$1.35



For more healthy and affordable meals, check out <http://recipefinder.nal.usda.gov/>

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
- ¼ 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.
4. Arrange fish on nonstick baking sheet. Sprinkle oil over fish.
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 60mg, 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.

Meal time is important family time.

•Eating meals as a family can improve children's food habits.

•Teens who eat dinner with their families on a regular basis are more likely to eat fruit and vegetables as young adults.¹

•Teens also go on to drink fewer soft drinks in adulthood.¹

Call your local health department for more information.



A healthier today for a brighter tomorrow.
www.LCDHD.org

See how to make this and all the recipes in this book on "Good Health IS Possible" DVD.

1. HealthDay News and researchers at the University of Minnesota survey