

Baked Fish Fillets

Recipe of the Month – February 2013



Use a Whole Grain Flake cereal as a quick coating for fish. Create a simple supper solution loaded with calcium, vitamin C and more.

Prep Time: 15 Min

Start to Finish: 45 Min

Makes: 4 servings

INGREDIENTS

2 cups Whole Grain Flake cereal
2 tablespoons canola oil
2 tablespoon lemon juice
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon dried dill weed, if desired
1 lb. fish fillets

DIRECTIONS

1. Heat oven to 350°F. Grease 9-inch square pan. Crush cereal; set aside. In shallow dish or pie plate, mix oil and lemon juice; set aside. In another shallow dish or pie plate, mix salt, pepper and dill weed.
2. Dip each piece of fish into oil mixture. Sprinkle both sides with salt mixture; coat with cereal and place in pan.
3. Bake uncovered 25 to 30 minutes or until fish flakes easily with fork.

Recipe Provides: Fats & Oils 2tsp, Meat & Beans 3oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	230	Calories from Fat:	80
Total Fat:	9 g	Saturated Fat:	1 g	Cholesterol:	60 mg
Sodium:	520 mg	Total Carbohydrate:	16 g	Dietary Fiber:	2 g
Sugars:	4 g	Protein:	22 g		

