

Oven Fried Fish (makes 4 servings)

This crunchy fish is low in fat and delicious!

1 pound Fish fillets, flounder or tilapia
1/4 cup Dry bread crumbs, plain or flavored
1/2 cup Ketchup
1 Fresh lemon, cut carefully into wedges

Preheat oven to 450 degrees.
Spray a baking sheet with cooking oil spray.
Cut fish into serving size pieces.
Place bread crumbs onto a plate, then dip fish to cover on all sides.
Bake 10 minutes per 1-inch thickness of fish.
Fish is done when it flakes apart easily with a fork.
Squeeze fresh lemon juice onto cooked fish and/or dip with ketchup.

Nutrition Facts for one serving (3 oz cooked fish):
165 Calories; 23 gm Protein; 2 gm Total Fat; 0 Saturated Fat; 62 mg Cholesterol; 13 gm Total Carbohydrate; 0.5 gm Fiber;
560 mg Sodium