

Crusty Fish

Trina Jones

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 4

1 egg

3/4 teaspoon tabasco sauce

*1 1/2 pounds fish fillets
(fresh or thawed frozen)*

lemon wedges

1 teaspoon water

1/2 teaspoon salt

1 cup corn flake crumbs

*2 teaspoons butter, melted
finely chopped parsley*

Preheat the oven to 375 degrees.

In a bowl, combine the eggs, water, tabasco sauce and salt. Mix well.

Drain and pat dry the fish fillets. Place the corn flake crumbs in a shallow bowl for dredging.

Dip the fish into the egg mixture. Then dredge generously with the corn flake crumbs.

Place the fillets on a foil-lined baking sheet. Drizzle with melted butter.

Bake for 20 to 30 minutes or until the fish flakes when tested with a fork.

Serve with lemon wedges dipped in parsley.

Per Serving (excluding unknown items): 36 Calories; 3g Fat (80.3% calories from fat); 2g Protein; trace Carbohydrate; 0g Dietary Fiber; 58mg Cholesterol; 308mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 1/2 Fat.