
Oven Baked Fish (Microwave)

Mariette Bissonnette

Nettles Island Cooking in Paradise - 2014

1 egg, slightly beaten
1 tablespoon lemon juice
1/2 teaspoon salt
dash pepper
1 pound fish fillets
1/2 cup corn flakes crumbs

In a shallow bowl, combine the egg, lemon juice, salt and pepper. Place the corn flakes crumbs in a second shallow dish.

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

Arrange the fish in a 8x12-inch baking dish. Cover with a paper towel.

Microwave the fish on HIGH for about 4 minutes or until the fish flakes apart easily.

Seafood

Per Serving (excluding unknown items): 450 Calories; 8g Fat (16.8% calories from fat); 87g Protein; 2g Carbohydrate; trace Dietary Fiber; 407mg Cholesterol; 1381mg Sodium. Exchanges: 11 1/2 Lean Meat; 0 Fruit; 1/2 Fat.