



Baked Flaked Fish

Recipe from: *Cooking Matters*



Ingredients



- 2 pounds fish fillets (tilapia, had-dock, pollock)
- 4 1/2 cups cornflakes cereal
- 1/3 cup whole wheat flour
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 2 large eggs
- 1/4 cup nonfat milk
- Non-stick cooking spray

Yield: 8 - 4oz fillets
Serving Size: 1 fillet



Directions



1. Preheat oven to 375 F.
2. Cut fillets into 8 roughly even-size pieces.
3. In a medium bowl, crush cornflakes.
4. In a second medium bowl, mix flour, salt, and black pepper.
5. In a third medium bowl, add eggs and milk. Beat with a fork.
6. Dip each fish piece into flour, then egg mixture, then cornflakes. Each piece should be fully coated with flakes.
7. Coat baking sheet with non-stick cooking spray. Place fish pieces on sheet, evenly spaced. Spray pieces lightly with cooking spray.
8. Bake until fish flakes easily with a fork about 15—20 minutes. Internal temperature should be 145 F.
9. Enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts

Featured Food Groups



Cooking Tips

- Make it a meal and enjoy with your favorite whole grain and vegetable side.
- Nutrition Facts include 2 tablespoons of tarter sauce.

Second Harvest is an equal opportunity provider.



Nutrition Facts



Nutrition Facts

Serving Size 4 ounces cooked fish
and 2 Tablespoons sauce
Servings Per Recipe 8

Amount Per Serving

Calories 260 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 110mg **37%**

Sodium 500mg **22%**

Total Carbohydrate 21g **8%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 25g

Vitamin A 10% • Vitamin C 8%

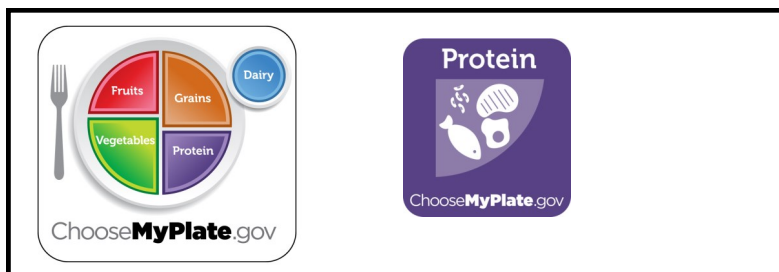
Calcium 4% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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