

Low-fat Crispy Baked Fish

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Ingredients

1 egg white
1 Tbls. water
3/4 cup corn flake crumbs
1 1/2 lbs. white fish fillets
2 tsp. chopped fresh parsley
1/8 tsp. lemon pepper
2 Tbls. melted butter

Directions

In a small bowl, beat the egg white with water; set aside.

Place crumbs in a shallow dish; set aside.

Rinse fish and pat dry; dip fish in egg mixture then roll in crumbs.

Place fillets on a baking sheet coated with non-stick cooking spray.

Sprinkle with parsley and lemon pepper, then drizzle the butter over the fillets.

Bake in a 400 degree oven, uncovered, for 20 minutes, or until the fish flakes easily with a fork.