

Oven Fried Fish

Nonstick cooking spray
1 cup corn flake crumbs
½ teaspoon paprika
½ teaspoon black pepper
2 egg whites
1 pound whiting or tilapia fish

Makes 4 portions, 3 strips each

Per portion

Calories:	197
Carbohydrate:	20 grams
Protein:	22 grams
Fat:	3 grams
Saturated fat:	0
Cholesterol:	0
Sodium:	292 milligrams
Dietary fiber:	0

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1. Preheat oven to 500°.
 2. Spray baking sheet with cooking spray.
 3. Combine corn flake crumbs, paprika, salt, and black pepper in a small bowl. Stir well.
 4. Lightly beat egg whites.
 5. Cut fish into 3 x ¾ inch strips. Dip fish strips into egg whites.
 6. Roll fish into crumb mixture to coat.
 7. Place fish strips on baking sheet.
 8. Bake, uncovered at 500° for 8 to 10 minutes or until fish flakes easily when tested with fork.