



EATING SMART
BEING ACTIVE

Oven-Fried Fish

Makes: 4 servings (1 fillet per serving)

Preparation Time: 10 minutes

Cooking Time: 15 to 20 minutes

Ingredients

- 1 egg, slightly beaten
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup bread crumbs
- 1 pound tilapia fillets, thawed (4 fillets)
- 1 tablespoon butter
- 1 fresh lime or lemon, sliced (optional)

Directions

1. Preheat oven to 350°F.
2. Wash the lime or lemon (if using).
3. Collect, slice, and measure all ingredients before starting to prepare the recipe.
4. In a small bowl, add egg, salt, and pepper, and beat together.
5. Put bread crumbs in a separate small bowl.
6. Dip fish fillets in the egg mixture, then dip in the bread crumbs to coat.
7. Melt butter in a shallow 9 inch x 13 inch baking pan for 1 minute in the oven.
8. Remove the pan from the oven, and tilt pan to coat with butter.
9. Arrange fish fillets in the pan.
10. Bake uncovered for 15 to 20 minutes or until fish flakes easily with a fork.
11. Serve topped with lime or lemon slices (if using).
12. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Instead of breadcrumbs, use crushed, unsweetened cereal or crushed crackers.

Nutrition Facts	
4 servings per container	
Serving size	1 Fillet (160g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 460mg	20%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 27g	54%
Vitamin D 9mcg	45%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 612mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



United States
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Go Lean with Protein



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Pescado frito al horno

Rinde: 4 porciones (1 filete por porción)

Tiempo de preparación: 10 minutos

Tiempo de cocción: 15 a 20 minutos

Ingredientes

- 1 huevo, ligeramente batido
- ½ cucharadita de sal
- ½ cucharadita de pimienta negra
- ½ taza de pan rallado
- 1 libra de filetes de tilapia descongelados (4 filetes)
- 1 cucharada de mantequilla
- 1 lima o limón cortados en rodajas (opcional)

Preparación

13. Calentar el horno a 350°F.
14. Lavar la lima o el limón (si va a usar).
15. Reunir, cortar y medir todos los ingredientes antes de comenzar a preparar la receta.
16. En un bol pequeño, batir el huevo, la sal y la pimienta.
17. Colocar el pan rallado en otro recipiente pequeño.
18. Pasar primero los filetes de pescado por el huevo y luego por el pan rallado.
19. Derretir la manteca en una fuente para horno poco profunda de 9 pulgadas x 13 pulgadas durante 1 minuto en el horno.
20. Retirar la fuente del horno e inclinarla para cubrir bien toda la superficie con la mantequilla.
21. Colocar los filetes de pescado en la fuente.
22. Hornear durante 15 o 20 minutos sin cubrir o hasta que el pescado se pueda desmenuzar fácilmente con el tenedor.
23. Servir con rodajas de lima o limón (si va a usar).
24. Refrigerar las sobras dentro de las 2 horas. Consumir dentro de los siguientes 3 a 5 días.

¡Sea creativo! En lugar de pan rallado, use cereal sin azúcar molido o galletas molidas.

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