



GREAT GROCER
PROJECT



Oven-fried fish

Ingredients

- 2 lbs. fish fillets
 - 1 tbsp. lemon juice
 - ¼ cup buttermilk
 - 1 tsp garlic
 - ¼ tsp. hot sauce
 - ¼ tsp. pepper
 - ¼ tsp. salt
 - ¼ tsp. onion powder
 - ½ cup. corn flakes
- 1 tbsp. vegetable oil
 - 1 lemon, cut into wedges

Flip for step-by-step
instructions



Instructions

1. Preheat oven to 475°F.
2. Mix milk, hot sauce, and garlic.
3. Mix pepper, salt, and onion powder with corn flakes.
4. Transfer filets into milk mixture then coat with dry mixture.
5. Arrange on lightly oiled shallow baking dish.
6. Bake for 20 min on middle rack without turning.
7. Serve with fresh lemon.

Source: Southern Remedy Healthy Living Program