



Golden Fried Fish Fillets

4	Thin fish fillets, (tilapia, flounder or trout)
1 cup	Plain cereal flakes (corn flakes for ¼ cup crumbs)
2 tbsp.	Flour
1 tbsp.	Old Bay Seasoning
1 tbsp.	Olive oil

Makes 4 servings

- Pour cereal flakes in a large zipper-top plastic bag, and crush with a rolling pin to make fine crumbs.
- Add the flour and Old Bay seasoning, and shake well to mix
- Melt the butter in an extra-deep, 12-inch nonstick skillet over medium heat.
- Add the fillets to the bag one at a time close the bag and shake to coat the crumbs. Shake off the excess crumbs into the bag.
- Add fillet to the skillet, cook until golden brown on the first side (approx. 5 minutes). Turn over and cook until browned on the 2nd side, about 5 minutes more. The fish should be opaque throughout and flake easily with a fork.
- Serve immediately!

Garnish options: Lemon wedges, or Sprinkle with Vinegar (as the English do!)

Nutritional Information:

Calories: 204	Total Fat: 5.33g
Saturated Fat: 0.94g	Cholesterol: 77.11mg
Carbohydrates: 9.46g	Fiber: 1.02g
Protein: 28.51g	