

## ***Oven Fried-Fish***

### Ingredients:

½ cup crushed corn flakes  
½ teaspoon celery salt  
1/8 teaspoon onion powder  
1/8 teaspoon paprika  
Dash of pepper

1 pound catfish or other fish fillets  
1 tablespoon plus 1 teaspoon skim milk  
Vegetable cooking spray

### Steps in Preparation:

1. Combine first five ingredients in a shallow dish.
2. Dip fillets in milk; dredge in cereal mixture.
3. Place fillets in a baking dish coated with cooking spray. Bake at 350° for 25 minutes or until fish is lightly browned and flakes easily when tested with a fork.

Yield: 6 servings

### ***Nutritional Information: per 2 oz.***

Carbohydrates: 2 g	Calories: 103
Protein: 16 g	Sodium: 195 mg
Fat: 3 g	Cholesterol: 39 mg