



A Nutrition Resource

# OVEN FRIED FISH

**Yield: 4 Servings | Serving Size: 1 fillet**  
**Cost/Serving: \$1.60**

## Ingredients:

- 1 egg, slightly beaten
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup breadcrumbs
- 1-pound frozen tilapia fillets, thawed (4 fillets)
- 1 Tablespoon melted 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 bowl, add egg, salt, and pepper and beat together.
- 5) Put breadcrumbs in a separate small bowl.
- 6) Dip fish fillets in the egg mixture, then dip in the breadcrumbs to coat.
- 7) Melt butter in a shallow 9 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	
<b>Calories</b>	<b>100</b>
	% Daily Value*
<b>Total Fat</b> 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 460mg	20%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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.



*This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.*

Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)

**This institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



**MONTANA**  
STATE UNIVERSITY

EXTENSION