

Crunchy Baked Fish

Serves 4 • Prep Time: 10 min • Cook Time: 19 min to 20 min



Ingredients

- 3 Tbsp. Mrs. Dash® Lemon Pepper Seasoning Blend
- 4 (4 Oz.) (454g) tilapia or catfish fillets
- 1/2 cup (120mL) corn flake crumbs
- juice of half a lemon
- cooking spray

Directions

1. Preheat oven to 350°F. Spray cooking spray on 9 x 9 x 2 inch pan.
2. Place fillets in pan. Evenly sprinkle tops of fish with 1 Tbsp. Mrs. Dash® Lemon Pepper Seasoning Blend. Squeeze lemon juice over fish.
3. Toss corn flake crumbs with remaining 2 Tbsp. Mrs. Dash® Lemon Pepper Seasoning Blend. Carefully top the fillets with the corn flake crumbs.
4. Bake for 20 minutes or until the fish is fork tender.