

OVEN-FRIED FISH

From the kitchen of Janice Curtin

2 pounds snapper, catfish, orange roughy, halibut or other white mild fish
1 egg, beaten
1/2 cup seasoned breadcrumbs
1/4 cup butter melted
2 T fresh lemon juice

Dip the fish filets into egg, then lightly coat with breadcrumbs. Arrange fish in a single layer in a greased shallow baking pan. Combine butter and lemon juice, then drizzle over fish.

Bake at 450 for 15-18 minutes or until fish flakes easily when tested with a fork.

Serve with lemon wedges and tartar sauce. Enjoy! 6 - 8 servings

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