

Cornmeal Crusted Fish Fillets

Ingredients

1/2 c Cornmeal
1 T Flour
1 t Paprika
1/2 t Red Pepper Flakes
2 Egg Whites (lightly beaten)
4 Fish Fillets (5 oz each)
1 T Vegetable Oil
0 Lemon Wedges
0 ds Salt
0 ds Black Pepper
0 ds Garlic Powder

Instructions

1. Combine cornmeal, flour, paprika and red pepper flakes in a shallow bowl. Put egg whites in another shallow bowl.
2. Pat dry each fish with paper towels. Season both sides with salt, pepper, and garlic powder.
3. Dip each fish fillet in cornmeal mixture, then in egg whites, then again in cornmeal mixture. Place fillets on a plate; cover with plastic wrap and refrigerate 10 minutes.
4. Heat oil in a large nonstick skillet. Add fillets and cook over medium-high heat, 2 to 3 minutes per side. Serve with lemon wedges.