

lemon pepper cornflake-crustedException



Total Time: **20 minutes - 40 minutes**

Prep Time: **20 minutes**

ingredients (Servings: 4)

2 Tablespoons olive oil or cooking spray

1/3 cup all-purpose flour

1/2 teaspoon each salt and pepper (or to taste)

2 large eggs, lightly beaten

2 cups unsweetened cornflakes

1 Tablespoon lemon pepper

1 Tablespoon dried parsley, or 2 teaspoons fresh parsley, finely chopped

4 tilapia fillets, 4 ounces each, rinsed and patted dry

1

1 lemon, quartered

Optional

Tartar sauce or cocktail sauce

directions

step 1: Preheat oven to 425 degrees F and place baking rack in the upper third of oven. Line baking sheet with foil and lightly grease with oil or cooking spray.

step 2: Lay out three shallow bowls or pans. Add the flour, salt and pepper to the first shallow bowl. Stir with a fork to mix. Add the lightly beaten eggs to the second bowl.

step 3: Put the cornflakes into the Ziploc® Brand Storage Bag, press out most of the air and seal. Crush the flakes coarsely with a rolling pin. Add the lemon pepper and

parsley. Pour the mixture into the third shallow bowl.

step 4: Rinse tilapia fillets under cold running water and pat dry with paper towels. Lightly dust the fillets with the flour mixture, gently patting off any extra. Dip fillets, one by one, into the beaten eggs, turning over each with a fork or tongs to coat both sides. Then place the fillet into the seasoned crushed cornflakes, turning over and gently pressing the crushed cornflakes into the fish, coating both sides well. Then place each fillet on the lined, greased baking sheet.

3

step 5: Bake in the oven for 15 to 20 minutes. The fish is done when the flesh is opaque and flakes easily with a fork.

step 6: To avoid crumbling, use a wide flat spatula to gently remove the fish from the baking sheet. Place immediately on a warm platter or plate. (I put an oven-proof plate on the second rack in my oven for just a few minutes right before the tilapia is done.) Serve with a lemon wedge and tartar or cocktail sauce on the side.