

OVEN BAKED FISH DIPPERS

Serves 4

EQUIPMENT



oven



3 shallow dishes



measuring spoons



cooking spray



measuring cups



kitchen shears



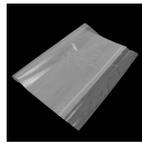
timer



whisk



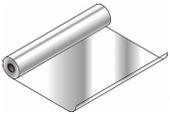
rolling pin



ziploc bag



prep tray



foil cooking spray

INGREDIENTS



4 Tbls. egg whites



1/4 c. flour



1/2 tsp. pepper



1/2 tsp. salt



4 c. corn flakes



1 1/2 pounds tilapia filets



cooking spray

DIRECTIONS



1. Preheat oven
425 degrees



2. Place egg whites into
shallow dish.



3. Place flour, pepper &
salt into a shallow dish. Stir
with a whisk.

K-STATE
Research and Extension

Master Food Volunteer
Johnson County

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Directions continued on back

DIRECTIONS CONT.



5. Add 4 cups of corn flakes into ziploc bag and crush with a rolling pin. Place in a shallow pan.



6. Cut filets into 5-6 pieces using kitchen shears.



7. Spray foil with cooking spray



8. Dip filets into flour mixture , shaking off excess. Dip in egg whites and Gently cover in corn flakes. Place filet on a foil covered baking pan.



9. Bake in 425° oven for 18-20 minutes, or until golden brown.

Nutrition Facts	
4 servings per container	
Serving size	2 pieces (215g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 600mg	26%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 6mcg	30%
Calcium 21mg	2%
Iron 9mg	50%
Potassium 586mg	10%
*The % Daily Value 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.	