



## LEMON & PARMESAN FISH

Basic Lifestyle

### INGREDIENTS

4 (2 ounce) fresh or frozen sole, tilapia, or flounder fillets,  
1/4 to 1/2-inch thick  
Nonstick cooking spray  
1/4 cup crushed cornflakes  
2 TBS grated Parmesan cheese  
2 TSP butter, melted  
1/2 TSP lemon peel, finely shredded  
1/8 TSP ground black pepper  
Lemon wedges

### INSTRUCTIONS

—Preheat oven to 450 degrees F. Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Lightly coat a shallow baking pan with nonstick cooking spray. Roll up fish fillets, starting from the short ends. Place in prepared baking pan.

—In a small bowl, combine crushed corn flakes, Parmesan cheese, melted butter, lemon peel and pepper. Sprinkle crumb mixture on top of fish roll-ups; use fingers to lightly press crumbs into fish. Some crumbs may fall off fish into pan.

—Bake for 6 to 8 minutes or until fish flakes easily when tested with a fork and crumbs are browned. Serve the fish and any crumbs from the baking pan with lemon wedges.

**SERVING INFO:** (Serves 2)

1 fillet = 1 P

See photo of recipe at [Instagram](#) and [Facebook](#).