



BAKED FISH w/OLIVE-CRUMB COATING

Final Lifestyle

INGREDIENTS

6 5-oz red snapper, tilapia or catfish fillets
Cooking spray
3 TBS lemon juice
1/3 cup dry breadcrumbs
1/3 cup chopped green olives
1 TBS olive oil
2 TSP dried oregano
1 TSP bottled minced garlic
1/4 TSP white pepper
1 (2-1/4 oz.) can chopped black olives, drained
6 lemon wedges

INSTRUCTIONS

- Preheat oven to 450°.
- Arrange fish in 13 x 9-inch baking dish coated with cooking spray; sprinkle with lemon juice.
- Combine breadcrumbs and next 6 ingredients (breadcrumbs through ripe olives); stir until moist.
- Spread olive mixture evenly over fillets, pressing firmly to coat. Bake at 450° for 12 minutes or until fish flakes easily when tested with a fork. Serve fish with lemon wedges.

SERVING INFO: (Serves 6)

1 fillet = 1 P, 1/2 FT