

Oven Crispy Fish Fillets

2 lbs. fish fillets, any kind, fresh or frozen
1/2 cup fresh lemon juice
1/2 cup to 1 cup wheat bran
1/4 cup fat-free Parmesan cheese, grated
1 tsp. salt and pepper
Vegetable cooking spray

Preheat oven to 350°F. Thaw fish fillets if necessary. Pour lemon juice on fish fillets in a 9" x 12" oblong baking dish, and set aside 5 minutes. Combine bran, cheese, and salt and pepper. Coat fish with mixture. Place fillets in a single layer in the baking dish. Spray with cooking spray or drizzle with melted margarine; add more salt and pepper to taste. Bake uncovered for 20-30 minutes. Makes 4 servings.

Nutrition information per serving: calories 207; protein 42 grams; fat 2 grams; sodium 769 mg