

Oven-Fried Fillets

Ingredients

1/2 cup fine dry bread
crumbs

1/2 tsp salt

1/8 tsp pepper

1 tbsp. parsley flakes

1 tsp. paprika

2 tbsp. vegetable oil

2 lbs. sole or perch fillets

Instructions

Preheat the oven to 450°F

1. Combine bread crumbs, pepper, parsley flakes, and paprika in a bowl.
2. Add oil and blend with a fork until combined. Spread on wax paper.
3. Separate fish fillets. Press into crumb mixture to coat both sides.
4. Place fish on greased cookie sheet and bake at 450°F for 12 minutes, or until fish flakes easily.