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BAKED FISH WITH OLIVE-CRUMB COATING

Final Lifestyle

Ingredients

6 red snapper or other lean white fish fillets (5 to 6 oz.)
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 ripe olives, drained
6 lemon wedges

Instructions

1. Preheat oven to 450°.
2. Arrange fish in a 13 X 9-inch baking dish coated with cooking spray; sprinkle with lemon juice.
3. Combine the breadcrumbs and the next 6 ingredients (breadcrumbs through ripe olives); stir until moist.
4. Spread the 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.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 5 oz. fish = 1 P