



**Winn-Dixie Supermarkets**  
**Crunchy Baked Fish**



**Ingredient List**

- 1 Tbs Chicken Grilling Blend
- 1 Tbs Lemon Pepper Seasoning Blend
- vegetable oil spray
- 4 oz fish fillets
- 1/2 cup corn flake crumbs

**Directions**

Preheat oven to 400°F. Spray a 9x9 inch baking dish with vegetable oil spray. Place fish in dish.

Mix corn flake crumbs with Mrs. Dash® Chicken Grilling Blend and Mrs. Dash® Lemon Pepper. Sprinkle over fish.

Spray fish lightly with vegetable oil spray. Bake for 20 minutes or until fish flakes easily with fork.

Servings: 4

Time: 25 minutes