Recipe for a frying pan

Crispy Fish

You will need:

1 pound of fish, 1/2 inch thick
(examples of fish to use: cod, trout, perch)
1/3 cup low fat milk
1/2 cup cornmeal
1/2 teaspoon salt
3/4 tablespoon olive oil

To Make Crispy Fish:

Cut fish in 1 inch wide strips (about the size of a butter knife). Place in a shallow pan (either a frying pan, electric frying pan, or wok) with milk. Soak for 20 minutes. Drain fish and set aside. Combine the 1/2 cup of cornmeal and 1/2 teaspoon of salt on waxed paper. Roll the drained fish in mixture. Heat regular or electric fry pan to medium heat then add 3/4 tablespoon olive oil. Over medium heat, add the fish strips and cook on each side 2-3 minutes. Fish should flake when done. You can serve with lemon wedges. Serves 4

Serve with a slice of bread and a vegetable, such as roasted potatoes or corn on the cob, for a healthy meal. Leftovers can be refrigerated and reheated in the microwave the next day.