



# Crispy Oven Fish

A RECIPE BY NATIVE WOMEN'S ASSOCIATION OF CANADA

## ingredients

- 1 tbsp. vegetable oil
- 1lb fish fillet (walleye, pike, sole, flounder and/or whitefish are recommended)
- 1 cup milk
- 1 tsp salt
- 24 unsalted soda crackers crushed fine
- Lemon wedges for serving

## directions

- Season fish with salt and pepper.
- Dip both sides of fish in milk and gently coat with cracker crumbs.
- Place in single layer on baking pan.
- Bake for 10-15 minutes at 450 degrees until crispy and firm to touch.

Please note this recipe is not diabetic specific or tested.