

## **Parmesan Crusted Fish** (Main Courses)



- 4 (4 oz.) pieces flounder or sole
- 1/2 cup Corn Flakes, crushed
- 1 Tbsp. Parmesan cheese, grated
- 1 Tbsp. Halladay's Chardonnay or Garlic Herb Seasoning
- 1 Tbsp. butter, melted
- 1/4 tsp black pepper

Preheat oven to 450°F. Place fish on a baking dish sprayed with nonstick spray. Combine Corn Flakes, cheese, seasoning and butter; sprinkle mixture over fish. Bake until fish flakes easily.