

Lemon Parmesan Fish (Light & Delicious, Main Courses)



- ½ cup Corn Flakes cereal, crushed
- 1 Tbsp. Parmesan cheese, grated
- 1 Tbsp. Halladay's Lemon Spinach Seasoning
- 1 Tbsp. butter, melted
- ¼ tsp. pepper
- 4 (4 oz.) pieces flounder or sole

Preheat oven to 450°F. Spray pan with nonstick spray. Combine all ingredients except fish. Sprinkle mixture over fish and bake until fish flakes easily, about 15 minutes.