

Oven Fried Fish (gluten free)

1 pound fresh fish
½ cup cornstarch
3 tablespoons mayonnaise
1 teaspoon Old Bay seasoning
1 ½ cups crushed gluten free crackers, cereal and/or breadcrumbs
2-3 tablespoons vegetable oil for coating pan
vegetable oil spray

Preheat oven to 400 °F
Rinse fish pieces and dry on paper towels.
Dredge fish in cornstarch and shake off excess.
Combine mayonnaise and Old Bay seasoning in a bowl.
Add fish to bowl with seasoned mayonnaise and toss to coat fish.
Press fish into gluten free crumbs and place on lightly oiled pan.
Lightly spray fish with oil and place in oven.
Cook fish to an internal temperature of 140 °F.

Cindy Tabacchi ©2012
www.wheatlessfoodie.blogspot.com