Cornflake-Crusted Halibut with Chile-Cilantro Aioli

Carolyn T's Main Cookbook

Servings: 4

Author: adapted Cooking Light, September '07



AIOLI:
4 tablespoons minced fresh cilantro
4 tablespoons fat-free mayonnaise, or any kind of mayo
1/3 whole serrano pepper, seeded and minced
1 whole garlic clove, minced
FISH:
1/2 cup nonfat milk
1 large egg white, lightly beaten
1 1/2 cups corn flakes, finely crushed
1/4 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons olive oil
24 ounces halibut fillets (6-ounce each)
Lemon wedges for garnish

Serving Ideas: The recipe indicated serving this with green beans (definitely need a green vegetable with this, for color) and rice tossed with cilantro and red bell pepper. I served the fish fillets on top of a small mound of mashed potatoes, and with roasted asparagus.

Blog: Carolyn T's Blog: http://tastingspoons.com

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Per Serving (excluding unknown items): 342 Calories; 11g Fat (29.3% calories from fat); 39g Protein; 20g Carbohydrate; 1g Dietary Fiber; 55mg Cholesterol; 690mg Sodium. Exchanges: 1 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Notes: This recipe remains a Cooking Light staff favorite. The aioli can be made ahead, but only a couple of hours max.

Description:

1. To prepare aioli, combine first 4 ingredients, stirring well. Set aside (or refrigerate if made ahead).
2. To prepare fish, combine milk and egg white in a shallow dish, stirring well with a whisk. Combine cornflakes, flour, salt, and black pepper in a shallow dish.
3. Heat oil in a large nonstick skillet over medium-high heat. Dip fish in milk mixture; dredge in cornflake mixture. Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork. Serve with mayonnaise mixture and lemon wedges.