

Frugal Foodie Friday: Oven "Fried" Fish (Gluten-Free / Casein-Free)

In honor of our current U.S. Mills Organic Breakfast Giveaway (see that post to enter to win now), I whipped up a deliciously easy and indulgent entree using the Erewhon Organic Corn Flakes from U.S. Mills.

This Hoki-Dokie Oven "Fried" Fish Filet recipe (as I like to call it) was a huge hit after a series of fish fillet bombs. For some reason (whether it be frost-bitten fish or questionable recipe), every piece of mahi or salmon I made was coming out too dry, too chewy, or too bland. But the combination of this popular New Zealand fish (that I stumbled upon at my local grocer) and this easy cooking method left us with wonderfully flavorful and flaky fish. Even my husband, who only likes his fish raw, proclaimed it was "Excellent!" Of course, cod, halibut, or other firm white fish will work beautifully in this recipe should hoki not be available to you. View and try the recipe at [One Frugal Foodie](#).