

Honey Fried Walleye Recipe



Ingredients

- 1 egg
- 1 teaspoon *honey*
- 1 cup *coarsely crushed saltines (about 22 crackers)*
- 1/3 cup *all-purpose flour*
- 1/4 teaspoon *salt*
- 1/4 teaspoon *pepper*
- 4 to 6 *walleye fillets (about 1-1/2 pounds)*
- *Canola oil*
- *Additional honey*

Directions

- In a shallow bowl, beat egg and honey. In another bowl, combine the cracker crumbs, flour, salt and pepper. Dip fillets into egg mixture, then coat with crumb mixture.
- In a large skillet, heat 1/4 in. of oil; fry fish over medium-high heat for 3-4 minutes on each side or until fish flakes easily with a fork. Drizzle with honey.

Yield: 4-6 servings.

Nutritional Facts 1 serving (1 each) equals 189 calories, 3 g fat (1 g saturated fat), 133 mg cholesterol, 296 mg sodium, 14 g carbohydrate, 1 g fiber, 25 g protein.

Courtesy of www.taasteofhome.com