



## PARMESAN AND CORNMEAL CRUSTED OYSTERS

- 2 cans **Crown Prince Natural Boiled Oysters**, drained
- 1 cup cornmeal
- 1/2 cup shredded Parmesan cheese
- 1 egg
- 2 teaspoons 2% low fat milk
- salt and cayenne pepper to taste
- 3 tablespoons unsalted butter, melted
- 2 tablespoons olive oil
- fresh parsley, for garnish
- lemon wedges, for garnish



Combine the cornmeal and Parmesan cheese. Set aside. In a separate bowl, beat together the egg, milk, salt and cayenne pepper. Warm the butter and olive oil over medium heat in a large frying pan, being careful not to burn the butter. Dip each oyster in the egg and then in the cornmeal mixture. Fry the oysters for about 1/2 minute on each side, turning gently with a spoon. Drain the cooked oysters for a moment on paper towels and serve warm. Garnish with parsley and lemon wedges. *Serves 8.*

NOTE: Serve with crème fraiche or sour cream blended with hot sauce to taste.

*Per Serving: 245 Calories (135 Calories from Fat), 15g Fat, 12g Protein, 16g Carbohydrate, 78mg Cholesterol, 261mg Sodium*