Fish Sticks with Tartar Sauce

Your kids are sure to love this classic, American, kid-friendly entrée with a nutritious spin to it!

Ingredients

Fish Sticks

1 lb. boneless, skinless **cod** (or other lean white fish, such as halibut or tilapia), cut into 3 x1 inch strips (about 0.5 oz each)

1/2 cup whole-wheat bread crumbs

1/4 cup unsalted, unoiled almonds

1/4 tsp. garlic powder

1/8 tsp. cayenne pepper

1/4 cup all-purpose, whole-wheat flour

1/4 tsp. black pepper

2 egg whites

1 whole **egg** (whites and yolk)

1 tsp. fresh, or, jarred lime juice

non-stick Cooking spray

Tartar Sauce

1/2 cup fat-free sour cream

1 Tbsp. sweet pickle relish (low sugar)

Directions

Preheat oven to 425° F.

Combine tartar sauce ingredients, mix well, cover and chill.

In a food processor, place breadcrumbs, almonds, garlic powder and cayenne. Pulse mixture until almonds and breadcrumbs are the same size (small, fine crumbs).

To prepare batter for fish, you will need three separate, shallow bowls. In the first, combine flour and pepper. In the second, quickly whisk together eggs and lime juice until little foamy bubbles begin to form. In the third bowl, carefully pour the prepared almond and breadcrumb mixture.

Preheat a baking sheet by placing in preheated oven for about 10 minutes. Carefully place each strip of fish into each bowl starting with flour, then egg mixture and finally the breadcrumb mixture. Make sure each fish strip is covered completely and excess batter is shaken off.

Coat preheated baking sheet well with cooking spray and place fish sticks in a single layer on pan.

Cook for 8 minutes, carefully flip each fish stick over and continue cooking for 7 minutes. Serve with tartar sauce for dipping.

Quick Tips

Tip: Making the tartar sauce and battering the fish sticks are safe and fun steps to involve kids in this recipe. Make sure the kids wash their hands after battering the fish sticks!

Calories	Protein	Fiber	Cost Per Serving
271 Per Serving	30g Per Serving	3g Per Serving	$3.10

Nutrition Facts

Calories	271
Total Fat	7.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	3.5 g
Cholesterol	100 mg
Sodium	176 mg
Total Carbohydrate	21 g
Dietary Fiber	3 g
Sugars	4 g
Protein	30 g