



Oven-Baked Fish Sticks

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 2 servings | Serving Size: 4 fish sticks

Ingredients

Nonstick cooking spray
2 (4- to 6-ounce) white fish fillets (e.g. flounder, cod, tilapia), cut lengthwise into four strips each
½ cup lowfat (1%) milk
½ cup whole-wheat or Panko breadcrumbs
¼ cup whole-wheat flour
¼ cup grated parmesan cheese
1 teaspoon salt-free seasoning blend

Directions

1. Preheat the oven to 400°F. Cover a 9x13-inch baking sheet with foil and spray the foil with nonstick spray. Set aside.
2. Set up a breading station by placing three bowls, pie dishes, or other shallow dishes in a row.
3. In the first dish, add the flour. In the second dish, add the milk. In the third dish, add and stir together the breadcrumbs, parmesan, and seasoning blend.
4. Dip one strip of fish into the flour (first dish) to coat it evenly on all sides. Shake off any excess flour.
5. Add the strip of fish to the milk (second dish) to coat evenly on all sides. Shake to remove any excess milk.
6. Add the strip of fish to the breadcrumb mixture (third dish) to coat it evenly on all sides.
7. Place the strip of fish onto the prepared baking sheet.
8. Repeat steps 4-7 with the remaining strips of fish, then discard any leftover breading ingredients.
9. Bake the breaded fish strips for 10 minutes, then flip each strip over and continue baking until golden-brown and cooked through, about 5-10 minutes. Serve immediately.

**Nutrition Facts Per Serving: Calories: 350 | Total Fat: 7 g | Saturated Fat: 3 g
Sodium: 440 mg | Total Carbohydrate: 35 g | Dietary Fiber: 1.5 g | Protein: 37 g**

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