

Baked Fish Sticks with Parmesan

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Servings: 4

Preparation Time: 10 minutes

Bake Time: 10 minutes

nonstick cooking spray

1 pound cod, tilapia or other white fish (thickness and cooking time may vary), patted dry

1/2 teaspoon salt

1/4 cup canola oil

1 cup panko bread crumbs

1/4 cup Parmesan cheese, grated

2 teaspoons fresh parsley, snipped

1/2 teaspoon garlic powder

1/2 teaspoon dried dillweed

assorted condiments (such as ketchup, ranch dressing or cocktail sauce)

steamed green beans (optional)

Preheat oven to 450 degrees.

Coat a large baking sheet with nonstick cooking spray. Set aside.

Cut the fish into 1-inch strips. Sprinkle with salt then toss with canola oil to coat.

Combine the panko, Parmesan, parsley, garlic powder and dillweed in a shallow bowl.

Roll the fish strips in the crumb mixture. Place on the prepared baking sheet.

Bake 10 to 12 minutes until the fish is brown and flakes easily with a fork.

Serve with assorted dipping sauces and steamed green beans, if desired.

Per Serving (excluding unknown items): 145 Calories; 15g Fat (92.9% calories from fat); 2g Protein; trace Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 360mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 3 Fat.