

healthy fish fingers

Serves: 4

Prep and Cook time: 30 min

Per serving: 162 calories, 4 g fat, 131 mg sodium

1 lb fish fillet (catfish, cod, perch, or any other firm fish)

2 slices whole-grain bread, grated or 1/2 cup bread-crumbs

1 egg, beaten

3/4 tsp all-purpose seasoning

1. Preheat the oven to 350° F. Line a baking sheet with parchment paper.
2. Pat the fish dry and cut into 3/4 inch wide strips. Combine the bread crumbs and seasoning on a plate. Coat the fish in the egg, then roll in the bread crumbs.
3. Place on the prepared baking sheet and bake until cooked through and crispy, 10 to 15 minutes, turning once halfway through.

Vary It! Serve with sweet potato fries and a vegetable for a balanced meal!

