



CRISPY BAKED FISH STICKS

Ingredients:

- Non-stick cooking spray
- 2 large eggs
- 1 Tbsp Dijon mustard
- 1/2 lemon, juiced
- 1 cup crushed whole-wheat saltine crackers
(about 28 crackers)
- 2 tsp *Cajun Seasoning
- 2 tsp dried parsley
- 1 lb cod fillets, cut into 2 inch strips

30 Min | Serves 4

Preparation:

1. Preheat oven to 450°F. Cover a large baking sheet with foil & lightly coat with cooking spray.
2. In a medium bowl, add eggs, mustard & lemon juice. Whisk together.
3. In another medium bowl, add crackers, *Cajun Seasoning & parsley. Mix well.
4. Pat fish dry with paper towels, dip into egg mixture & coat with cracker mixture. Place coated fish on baking sheet & lightly coat tops with cooking spray. Bake 10-12 minutes or until crumbs are golden brown & the fish is cooked through.

Nutrition Facts	
4 servings per recipe	
Serving size	(182g)
Amount per serving	270
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 390mg	17%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 2mcg	10%
Calcium 53mg	4%
Iron 2mg	10%
Potassium 641mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Cajun Seasoning

- Chipotle pepper powder
- Oregano
- Thyme
- Garlic powder
- Onion powder
- Cayenne pepper
- Black pepper
- Paprika



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