



Weekly Recipe Challenge



EatingWell Fish Sticks *(courtesy of EatingWell)*

You can make these homemade fish sticks in about the same amount of time it takes to bake a box of the frozen kind. Make it a meal: Serve with lemon wedges, coleslaw, roasted new potatoes and a dollop of tartar sauce.

4 servings (2 Carbohydrate Serving) | **Active Time:** 30 minutes | **Total Time:** 40 minutes



Ingredients

- Canola oil cooking spray
- 1 cup whole-wheat dry breadcrumbs (or 1/2 cup plain dry breadcrumbs)
- 1 cup whole-grain cereal flakes
- 1 teaspoon lemon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/2 cup all-purpose flour
- 2 large egg whites, beaten
- 1 pound tilapia fillets, cut into 1/2-by-3-inch strips



Instructions

1. Preheat oven to 450°F. Set a wire rack on a baking sheet; coat with cooking spray.
2. Place breadcrumbs, cereal flakes, lemon pepper, garlic powder, paprika and salt in a food processor or blender and process until finely ground. Transfer to a shallow dish.
3. Place flour in a second shallow dish and egg whites in a third shallow dish. Dredge each strip of fish in the flour, dip it in the egg and then coat all sides with the breadcrumb mixture. Place on the prepared rack. Coat both sides of the breaded fish with cooking spray.
4. Bake until the fish is cooked through and the breading is golden brown and crisp, about 10 minutes.



Nutritional Information *(per serving)* **Exchanges:** 2 starch, 3 1/2 very lean meat

- **Calories** 274
- **Carbohydrates** 33g (Fiber 3g)
- **Cholesterol** 57mg
- **Fat** 3g (Saturated Fat, 1g; 1g Monounsaturated)
- **Sodium** 479mg
- **Potassium** 464mg
- **Protein** 29g