

Crispy Oven Baked Fish Bites

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Serves 6

Ingredients:

1 cup all purpose flour
1 tsp creole seasoning
1/2 TB garlic powder
1/4 cup milk
2 eggs
1 tsp dijon mustard
1 cup panko bread crumbs
1/2 lb butter, melted
2 lbs. white flakey fish (Haddock, Pollock, Hake) cut into bite sized pieces
non-stick oil spray
2 lemons, cut into wedges
salt & pepper

Preparation:

Preheat oven to 375 F
Use 3 separate shallow bowls.
In the first bowl, add flour, creole seasoning, garlic powder and dash of salt & pepper
In the second bowl, whisk together the milk, egg, and mustard.
In the third bowl, add the panko crumbs, melted butter and stir together until evenly coated
Dredge each piece of fish in the flour, then egg mixture, then bread crumbs
Place the dredged fish on parchment lined baking sheets sprayed with non-stick spray
Bake fish for 15-20 minutes, flip once midway through, until they are brown & crispy on both sides
Remove from oven and serve with lemon & tartar sauce

Nutritional Information (per serving):

Serving Size: 3 pieces
Calories: 138
Total Fat: 4 g
Saturated Fat: 2g
Polyunsaturated Fat: 1g
Monounsaturated Fat: 1g
Trans: 0g
Cholesterol: 25mg
Sodium: 235mg
Potassium: 95mg
Total Carbs: 25g
Fiber: 1g
Protein 14g