

LIZ'S CRISPY BAKED FISH STICKS WITH TARTAR SAUCE

Prep: 20 mins | *Total:* 45 mins

Serves: 4

INGREDIENTS

For the Fish Sticks:

- 1 ½ pound pacific cod, cut into strips
- 1 egg
- 2 cups panko bread crumbs
- 2 teaspoons salt, divided
- ½ teaspoon cracked black pepper
- 1 zest of lemon
- Cooking spray

For the Tartar Sauce:

- ½ cup low fat plain yogurt
- 2 tablespoons finely chopped dill pickle
- 1 tablespoon pickle juice
- 1 tablespoon lemon juice
- Salt & pepper to taste

DIRECTIONS

PREHEAT OVEN

Pre-heat oven to 475 degrees. Spray a foil-lined baking sheet with cooking spray and set aside.

PREP PACIFIC COD

Set out two shallow glass dishes (pie plates work well). In the first dish, whisk one egg until light and fluffy. Combine panko, garlic powder, 1 teaspoon of salt, pepper and lemon zest in the second dish.

Sprinkle both sides of the fish strips with the remaining 1/2 teaspoon of salt. Dip fish in egg then coat evenly with panko mixture. Place on lined baking sheet and continue until all fish is coated in panko.

BAKE FISH STICKS

Spray fish sticks with cooking spray then bake for 25 minutes or until golden brown..

MAKE TARTAR SAUCE

Make the tartar sauce while fish is baking by combining all ingredients in a small bowl and refrigerating until you're ready to serve.

