

YUMMY HOMEMADE FISH STICKS

*A kid friendly recipe that adults will love too! Crispy on the outside, tender on the inside! 10 minutes to prepare and 20 in the oven is not much longer than baking the frozen store bought kind and you'll feel good knowing that it's minus all the preservatives and additives 😊
Serve with my healthy [Creamy Dipping Sauce](#).*

Makes 8 fish sticks or 16 smaller sized ones

Ingredients

1 pound tilapia fillets (cod, haddock or halibut is good too)
2 eggs, beaten
1 ½ cups panko breadcrumbs (or gluten free breadcrumbs)
2 tablespoons olive oil*
1 ½ cups whole wheat flour**
Salt & pepper to taste
1 teaspoon sweet paprika
Optional, 1 teaspoon onion powder
Optional, ¼ cup grated Parmesan cheese



Preheat oven to 450 degrees F.

Place a wire rack*** on a baking sheet and spray with non-stick cooking spray.

Cut the tilapia fillets in half down the middle. Then cut the halves into half creating 4 pieces. If you think they're too big, cut in half again.

Place flour in a bowl. In another bowl, mix panko, olive oil, salt, pepper, paprika and if using, the onion powder and/or parmesan cheese.

To cut out messy sticky fingers while preparing, I dredge all the pieces of fish in flour at one time.

One at a time, dip the flour coated fish into the beaten eggs. Then place each piece into the panko mixture and coat all sides thoroughly, pressing down firmly if needed.

Place each fish stick on a wire rack and bake for 15 to 20 minutes until golden brown.

Remove from oven and allow the fish sticks to cool for a few minutes.

Serve with [Creamy Dipping Sauce](#) (or organic ketchup)

*Olive oil mixed with the panko helps create a crispy coating.

**If you need to make this gluten free, omit the flour entirely. The fish sticks will still be tender inside and crispy outside.

*** If you don't have a wire rack, spray 2 baking sheets with non-stick cooking spray. Bake for 10 minutes, then flip the fish sticks and bake another 10 minutes.

Nutritional information for 2 larger or 4 smaller fish sticks

100 calories, 11 grams protein, 2 grams total fat, 23 mg cholesterol, 29 mg sodium