



Fish Sticks

Makes about 24 fish sticks

2 pounds of a firm fleshed fish such as Wahoo
1 small lemon - you need the zest and juice of this lemon
¾ cup flour
1 tsp. garlic powder
½ tsp. dried oregano
3 eggs
2 TBS milk
¼ tsp. prepared horseradish (optional)
1 ¼ cups bread crumbs
1 cup grated Parmesan cheese
Salt & Pepper
Olive oil

Preheat oven to 425 degrees F (220C). Line a baking sheet with aluminum foil and brush some olive oil on it.

Cut the fish into rectangular pieces – about 9x4 inches. Place the sticks in a bowl and sprinkle with the lemon zest. Add the lemon juice and season with salt. Use your hands to toss the fish pieces in the lemon and salt so they coat evenly. Set aside.

Place the flour in a shallow dish. Mix in the garlic powder and oregano. Season with salt and pepper. Mix well.

Place the eggs in another shallow dish. Add the milk and prepared horseradish. Mix well.

Place the bread crumbs in another shallow dish and mix in the Parmesan cheese.

Working in batches, place the fish sticks in the flour. Coat all sides and shake off the excess. Then place them in the egg and do the same. Finally, place them in the bread crumbs and cheese and coat them well.

Place the coated fish onto the prepared pan. Drizzle with some olive oil and place into the oven.

Bake the fish sticks for 10 minutes. Flip them being very careful not to pull off the coating and not to burn yourself. Bake them for an additional 5 minutes – or until they are browned.

Serve your fish sticks with tartar sauce and enjoy.

**3 fish sticks no tartar sauce - CALORIES 383.31; FAT 17.54 grs (sat 4.34; mono 7.7; poly 3.86);
PROTEIN 31.69 grs ; FIBER 1.87 grs; CARBS 23.81 grs; CHOLESTEROL 146.96 mg; IRON 2.46 mg;
SODIUM 656.26 mg; CALCIUM 199.81 mg**