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Fresh Fish Sticks

Ingredients:

2 teaspoons olive oil
1 lb. white fish fillet, such as red snapper, sole or catfish
¼ c. cornmeal
½ c. cereal (i.e. Product 19 or Cornflakes), crushed OR ¼ c. breadcrumbs
1/3 c. grated Parmesan cheese
¾ teaspoon garlic powder
¼ teaspoon salt

Preparation:

Preheat oven to 475°F.
Cut fish fillet into 1-inch strips.
In a medium bowl toss fish with olive oil to coat.
In a separate bowl, combine cornmeal, crushed cereal (or breadcrumbs), parmesan cheese, garlic powder and salt.
Pour cornmeal mixture onto a plate.
Coat fish with cornmeal mixture and place on a baking sheet.
Bake @ 475°F for 10 minutes, or until browned and crispy.

Jill West, RDN, is an accomplished speaker, author and Registered Dietitian Nutritionist. She has a private practice in Lafayette, CA helping adults, families and student athletes achieve their health goals. For more information, visit www.400MOMS.com or call 925-310-5545.

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