



Oven-baked Nutty Fish Sticks



Makes 4 servings

Ingredients

- 2 teaspoons extra-virgin olive oil
- 2 cups crushed dry roasted almonds
- 1/2 cup bran flake cereal
- 3/4 teaspoon garlic powder
- 1/8 teaspoon ground cayenne pepper
- 3/4 teaspoon ground rosemary
- 2 large eggs
- 1 pound cod, cut into 1-inch-by-5-inch strips

Directions

1. Preheat oven to 425 F. Coat a baking sheet with oil. Set aside.
2. In a shallow bowl or pan, combine the almonds, bran flakes, garlic powder, cayenne pepper and rosemary.
3. In another shallow bowl or pan, crack and whisk eggs until well-blended.
4. Dip each fish stick in egg, then into the almond mixture to coat. Place each fish stick on the prepared baking sheet.
5. Bake for 12 to 15 minutes or until lightly browned. Serve warm.



KID-FRIENDLY



TIP

Get the kiddos in the kitchen! They can help with dipping and coating the fish sticks.

♥ = heart smart

⊗ = low sodium

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Nutrition Facts

Serving Size 4 fish sticks (180g)
Servings Per Container 4

Amount Per Serving
Calories 570 Calories from Fat 370

% Daily Value*

Total Fat 42g **65%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 135mg **45%**

Sodium 125mg **5%**

Total Carbohydrate 19g **6%**

Dietary Fiber 9g **36%**

Sugars 4g

Protein 36g

Vitamin A 6% • Vitamin C 2%

Calcium 20% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, egg, nuts
Carb choices per serving: 1