



Parmesan Fish Sticks

courtesy Giada de Laurentiis

Serves 4-6

Ingredients

- 1 (18-ounce) center-cut white fish fillet (salmon, halibut, etc), about 9 by 4 inches, skinned
- 1/2 cup all-purpose flour
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly ground black pepper
- 3 egg whites
- 1 cup grated Parmesan
- 1 cup seasoned bread crumbs
- Olive oil, for drizzling

Dipping Sauce

- 1/3 cup reduced fat mayonnaise
- 1/3 cup lowfat plain yogurt
- 1 tablespoon Dijon mustard
- 1 tablespoon chopped fresh parsley or chives

Directions

Preheat the oven to 450 degrees F.

Rinse the fillet and pat dry with paper towels. Cut the fish in half to make 2 fillets each about 4 by 4 1/2-inches in size. Starting on the longest edge, slice the fillets into 1/2-inch pieces. Lay the widest pieces, from the center, cut side down, and slice in half lengthways so all the pieces are equally about 1/2 by 1/2 by 4 1/2-inches in size.

Place the flour in a medium bowl and season with the salt and pepper. Place the egg whites in another bowl and beat until frothy, about 30 seconds. Combine the Parmesan and bread crumbs in a third bowl.

Coat the fish pieces in the seasoned flour and pat to remove any excess flour. Dip the floured fish in the egg whites and then into the Parmesan mixture, gently pressing the mixture into the fish. Place the breaded fish pieces on a liberally oiled baking sheet. Drizzle lightly with the olive oil. Bake for 15 to 20 minutes until golden brown.

Dipping Sauce

Mix the mayonnaise, yogurt, Dijon mustard, and parsley (or chives, if using) in a small dipping bowl.

Arrange the fish sticks on a serving platter and serve with the dipping sauce.

Note: The fish sticks can also be dipped in ketchup, marinara sauce, pesto, ranch dressing or vinaigrette