








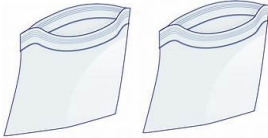




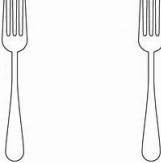
Oven Baked Fish Dippers

Serves 4 (3 apiece)

Nutrients Per Serving:

300 Calories | 3g Fat (2g Saturated) | 30g Carbohydrates | 0g Added Sugar | 3g Protein | 600 mg Sodium | 1g Fiber

Equipment Needed

				
Oven	Shallow dish (for egg whites)	Liquid measuring cup dry measuring cup measuring spoons	Kitchen shears	Baking pan
				
Wire whisk	Rolling pin	2 ziploc bags	Cooking spray	Timer
				
Aluminum foil	Digital thermometer	2 forks		

Ingredients Needed











Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

				
1/2 cup liquid egg whites	1/2 cup flour	1/2 teaspoon salt and pepper	3 cups cornflakes	2-3 tilapia filets

Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Preheat oven to 425°</p>	<p>3</p>  <p>Spray foil covered pan well with cooking spray. Fish will stick!</p>	<p>4</p>  <p>Add 1/2 cup liquid egg whites into a shallow dish and whisk.</p>	<p>5</p>  <p>To the ziploc bag add: 1/2 cup flour, 1/2 tsp salt, and 1/2 tsp pepper. Seal bag and mix with hands.</p>
<p>6</p>  <p>In the 2nd ziplock bag, add 3 cups of cornflakes. Seal bag and crush with a rolling pin until cornflakes are very fine.</p>	<p>7</p>  <p>Cut filets into 5-6 pieces using kitchen shears.</p>	<p>8</p>  <p>Place 4-5 pieces of fish in the flour mixture bag. Close bag. Move fish pieces around until covered with flour. Shake off excess flour.</p>	<p>9</p>  <p>Dip flour covered fish pieces in egg whites. Place the egg covered fish pieces in the cornflake bag, move around until covered in cornflakes.</p>	<p>10</p>  <p>Place on a foil lined pan and bake at 425° for 12 minutes or until internal temperature is 145°F.</p>