

HOMEMADE FISH STICKS

Course: Lunch or Dinner

Prep. Time: 40 minutes

Servings: 10

CACFP: 2 oz. meat & 1 serving grain



INGREDIENTS

- 1 C. All-Purpose Flour
(place in shallow bowl)
- 1 lb. Cod Filets (defrosted if frozen)
- 4 large Eggs, beaten (place in a 2nd shallow bowl)
- 1 Tsp Sea Salt
- 2½ C. Store-bought or Homemade Whole-Grain Breadcrumbs (place with salt in a 3rd shallow bowl or gallon size plastic zipper bag)
- Parchment Paper

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Line two roasting pans with parchment paper.
4. Slice cod into 25-30 thin strips. Pat dry with paper towels if needed.
5. Working in batches, dredge the cod strips in flour (1st bowl), then coat with egg (2nd bowl), then cover in breadcrumbs (3rd bowl).
6. Place breaded strips evenly around the roasting pans.
7. Once all are breaded, bake for 8 minutes. Flip and bake on the other side for another 6 minutes, then transfer to the broiler for about a minute (just until some of the crumbs begin turning a darker brown). Watch these very closely to prevent burning.
8. Serve with fresh lemon for squeezing and/or sauce for dipping.
9. Store left over fish sticks in an air tight container in the fridge for up to a few days. To reheat, place on wire racks in a 350 degree oven for about 15 minutes.