

Fish Sticks & Caper Lemon Yogurt Dip

Ingredients:

Caper & Lemon Yogurt Dip:

1 7-oz. container Plain 2% Fat Unsweetened Greek yogurt
1 Tbsp. light mayo or avocado mayo
1 Tbsp. capers {and maybe a little more if you really like them!}
1 Tbsp. fresh chopped chives or 2 tsp dried
Squeeze of half a lemon fresh juice
Sea salt & black pepper to taste

Fish Sticks:

1 lb. Wild Caught Cod fillets, about 1-inch thick {thawed out first if frozen}
3 large egg whites
1 Tbsp. Dijon mustard
Squeeze of half a lemon fresh juice
1/8 teaspoon paprika
1/8 teaspoon black pepper

Breading:

1 cup whole wheat Panko crumbs
1-1/2 tsp. Old Bay seasoning or Chili Lime Seasoning {Trader Joe's!}
2 tsp. dried parsley
1/2 tsp. paprika

Yield: 20 Sticks / 5 Fish Sticks & 2 Tbsp. Dip per serving

Directions:

1. Preheat oven to 450F degrees with rack in the center of your oven.
2. Cover a large baking sheet with parchment paper, or aluminum foil and a light spritz of cooking spray (we love this oil mister).
3. Dry cod fish with a paper towel. Slice into 2" x 1" strips. They do not need to be perfect.
4. In a medium bowl, combine all the other fish stick ingredients: egg whites, Dijon, lemon juice, paprika, and black pepper.
5. In another bowl, combine all Breading ingredients.
6. Dip fish strips first into egg white mixture, then roll in the Breading mixture until evenly coated. Again, this does not need to be perfect. Place each strip spaced about 1" apart on the baking sheet.
7. Give fish a quick spritz of cooking spray {I even like coconut oil spray for this, as it adds a nice tropical flavor, otherwise, any cooking spray will do}. Bake about 12 minutes, or until the breading is golden brown and fish is cooked through {fish will be flaky}.
8. While the fish is baking, combine ingredients for the dipping sauce, and set aside in the fridge until ready to serve

Calories: 211

Carbohydrates: 15g, Protein 31g, Fat 2.5g

