

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Baked Fish Sticks

From www.cookingTF.com

I used whole wheat Panko breadcrumbs and coconut oil. Everybody really enjoyed them.
The coconut oil gave it a nice, "tropical" flavor.

Serves 4

1 pound of firm white fish, cut into nuggets (cod, tilapia, mahi mahi, flounder, etc.)
1 cup spelt or whole wheat flour *
2 Tbs Parmesan cheese, optional
1 tsp salt
¼ tsp pepper
Dash cayenne
2 Tbs – ¼ cup mayonnaise
3 Tbs coconut oil or butter, melted

Preheat oven to 425 °. Line a cookie sheet with parchment and set aside.

In a shallow pie plate, combine the flour, Parmesan, and spices. In a separate shallow plate, place 2 Tbs mayo. Take each piece of fish and coat it with a thin layer of mayo followed by the breading. Set on the parchment paper. Repeat with remaining fish. Drizzle with melted fat. Bake for approximately 12 minutes, until fish flakes with a fork.

*You can substitute crushed cereal, whole wheat breadcrumbs, and the like for the flour and possibly omit the cayenne and Parmesan. Of the gluten-free flours, the flavor and texture of sorghum seems to work best in this recipe.