Homemade and Healthy Fish Sticks (in the air fryer)

Ingredients

Lemon Caper Sauce
- 1/4 cup low fat plain Greek yogurt
- 3 tablespoons light mayonnaise (olive oil base)
- 1 tablespoon drained capers
- 1 tablespoon fresh minced chives
- 1 teaspoon fresh lemon juice
- 1/8 teaspoon kosher salt
- 1/8 teaspoon black pepper

Fish Sticks
- cooking spray, or olive oil in mister
- 1 pound Alaskan skinless cod fillet, about 1-inch thick (thawed if frozen)
- 3 large egg whites
- 1 tablespoon Dijon mustard
- 1/2 lemon, squeezed
- 1/8 teaspoon paprika
- 1/8 teaspoon kosher salt
- 1/8 teaspoon black pepper

Coating
- 1 cup plain or gluten-free Panko crumbs
- 1 1/2 teaspoons Old Bay seasoning
- 2 teaspoons dried parsley flakes
- 1/2 teaspoon paprika

Instructions
1. Preheat the air fryer to 370F.
2. Slice the fish crosswise into 2-3-inch-long strips, about 1-inch wide.
3. Combine egg whites, Dijon mustard, lemon juice, paprika, salt and pepper in a medium bowl.
4. In a second bowl combine the Panko crumbs with Old Bay seasoning, dried parsley and remaining paprika.
5. Pat fish dry with paper towels and dip the fish into the egg mixture, then into crumbs and place on the prepared baking sheet.
6. Spray/mist the top of the fish with oil
7. In batches, transfer to the air fryer basket in a single layer and cook until the crumbs are golden, and the fish is cooked through, 7 to 8 minutes, turning halfway.

**Nutrition Information**
Serving: 5 sticks, 229 calories, 15g carb, 4 g fat, 31g protein, 475mg sodium