

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.



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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

Recipe from SkinnyTast: <https://www.skinnytaste.com/healthy-baked-fish-sticks-with-lemon/#recipe>



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