

BAKED CARIBBEAN LIME FISH STICKS

Makes 5 servings

INGREDIENTS

- 2 tsp Mojito Lime Seasoning (other seasonings can be substituted)
- 1 cup + 2 Tbsp. panko or bread crumbs
- 1/4 cup plain fat-free yogurt
- 5 – 3 oz. portions fish, thawed

INSTRUCTIONS

1. Mix seasoning and panko or bread crumbs in a bowl.
2. Place yogurt in a separate bowl.
3. Set up breading station with both bowls and a parchment lined sheet pan. Spray parchment with pan spray to keep fish from sticking.
4. Dredge fish in yogurt and then roll in breadcrumbs. Place on sheet pan.
5. Bake for 20 minutes at 350°F.
6. Serve immediately as product will become soggy if held too long.

NUTRITIONAL FACTS: PER SERVING

Calories: 166	Calcium: 70.73 mg
Total Fat: 1.56 g	Protein: 19 g
Saturated Fat: 0.34 g	Carbohydrates: 19 g
Cholesterol: 39 mg	Dietary Fiber: 1.17 g
Sodium: 303 mg	

