

# Healthy Choice Recipes

## Baked Sea Sticks

Makes 2 serving(s)

### WHAT'S IN IT?

- 2 1/2 cups cornflakes
- 1 lemon
- 2 tablespoons (1/4 stick) butter
- 3/4 pound white fish fillet, such as cod\*
- 1/8 teaspoon salt, or to taste
- 1/4 teaspoon pepper, or to taste
- 1/4 cup tartar sauce (optional)



### STUFF YOU NEED

- Dry measuring cups
- Sealable plastic bag
- Grater
- Measuring spoons
- Plate or shallow bowl
- Small microwave-safe bowl
- Microwave
- Juicer or reamer
- Slicing knife
- Cutting board
- Nonstick baking sheet
- Potholders

### HOW TO PUT IT TOGETHER

1. **For Kids:** Preheat the oven to 500 °F.
2. **For Kids:** Measure cornflakes into a plastic bag. Squeeze out excess air then seal it. With both hands, smash cornflakes into pinkie fingernail-sized crumbs.
3. **For Kids and Adults:** Grate the lemon peel. Measure 2 teaspoons of the peel into the bag of cornflake crumbs. Shake the bag again and pour onto a plate or shallow bowl.
4. **For Adults:** In a small, microwave-safe bowl, melt the butter in the microwave. Juice the lemon. Mix 2 teaspoons of the lemon juice into the melted butter.
5. **For Adults:** Slice fish into 8 (3/4-inch to 1-inch wide) pieces. Season with salt and pepper.
6. **For Kids:** Coat a nonstick baking sheet with cooking spray.
7. **For Kids:** Dunk each piece of fish into the lemon butter, then dip into the cornflake mixture, coating completely. Arrange fish on baking sheet. Sprinkle with any remaining cornflake mixture.
8. **For Kids and Adults:** Bake fish until cooked through, about 10 minutes. Serve sticks with tartar sauce.

### WHY IT'S GOOD FOR YOU

Per serving (without tartar sauce):

320 Calories, 12 g Total Fat, 7 g Saturated Fat, 75 mg Cholesterol, 700 mg Sodium, 33 g Total Carbohydrates, 2 g Dietary Fiber, 7 g Sugars, 21 g Protein, 25% Vitamin A, 50% Vitamin C, 2% Calcium, 60% Iron

