

Gezelle's Parmesan Fish Sticks with Dipping Sauce

Fish sticks: Ingredients

- * 1 (18-ounce) white fish filets or salmon, about 9 by 4 inches, skinned
- * 1/2 teaspoon fine sea salt
- * 1/4 teaspoon freshly ground black pepper
- * 3 egg whites
- * 1 cup grated Parmesan
- * 1 cup Panko bread crumbs
- * Olive oil, for drizzling

Optional Dipping Sauce (mix all together for sauce)

- * 1/3 cup reduced fat mayonnaise
- * 1/3 cup lowfat plain yogurt
- * 1 tablespoon Dijon mustard
- * 1 tablespoon chopped fresh parsley or chives

For the Fish Sticks:

Rinse the fish filets and pat dry with paper towels. Cut into fish sticks (apx. 1/2 X 1/2 X 4 inches)

Combine the Parmesan and bread crumbs in a medium bowl and season with the salt and pepper. Place the egg whites in another bowl and beat until frothy, about 30 seconds.

Dip the fish filets in the egg whites and then into the Parmesan and breadcrumb mixture, gently pressing the mixture into the fish.

FOR PAN SEARED: Spray the pan with canola cooking spray. Test to be sure it sizzles before placing the fish in the pan. Drizzle the filets with olive oil. Cook 4 – 6 minutes before turning (depending on thickness). Allow the same amount of time to finish.

FOR OVEN COOKED: Preheat oven to 450 degrees F. Place the breaded salmon pieces on a liberally oiled baking sheet. Drizzle lightly with the olive oil. Bake for 15 to 20 minutes until golden brown.