

Recipe of the Month - March 2016

Fish Sandwich

Serves 4

Serving Size: 1 sandwich

Ingredients:

2 Tablespoons oil (canola or vegetable)

¼ cup cornmeal

4 frozen fish filets (about 3 oz. each) of white fish (tilapia), thawed

4 hamburger buns

Optional sandwich toppings; sliced onions, and tomatoes, leaf lettuce,
light ranch dressing or tartar sauce



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Directions:

1. Heat oil in a skillet over medium heat until hot. Spread the cornmeal on a plate and press the fish into the cornmeal to coat on all sides.
2. Fry the fish in the hot oil until the cornmeal is lightly browned. This will take about 2-3 minutes on each side. Fish is done when the internal temperature reaches 145°F or it flakes easily with a fork.
3. Move the fish from the frying pan to a plate lined with paper towels. Pat the fish dry with more paper towels.
4. Assemble sandwiches with your favorite toppings.

NUTRITION FACTS PER SERVING: 300 calories, 10 g total fat (1.5g sat. fat), 45 mg cholesterol, 250 mg sodium, 29 g carbohydrates, 1 g fiber, 3 g sugar, 22 g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2016 Nutrition & Fitness Calendar*