

## Recipe of the Month - April 2017

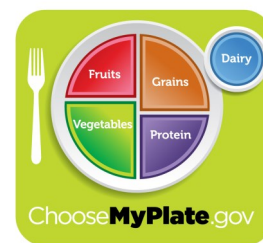
### Baked Fish and Chips

Serves 4

Serving Size: 2 fish strips and 1 cup potatoes

#### Ingredients:

- 4 cups potatoes (about 4 medium)
- 1 tablespoon oil (canola or vegetable)
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 4 fish filets (of any fish), thawed (about 3 ounces each)
- 3 cups cornflakes
- 1 egg
- 2 tablespoons water
- 1/3 cup flour



Make MyPlate Your Plate

*The potatoes take longer to bake. Once they are in the oven, prepare the fish.*

#### Chips Directions:

1. Preheat oven to 425° F.
2. Scrub potatoes under running water using a clean vegetable brush. Cut in half and then into 1/4 inch slices.
3. Combine potatoes, oil, salt, and pepper in a bowl. Stir so potatoes are covered with oil.
4. Spray a cookie sheet with cooking spray and lay slices out in a single layer.
5. Bake for 15 minutes. Turn potatoes over and bake for 15 minutes more.

#### Baked Fish Directions:

1. Preheat oven to 425° F.
2. Cut each filet into two strips.
3. Place cornflakes in a plastic bag. Crush by rolling a glass over the bag.
4. Beat egg and water together in a bowl.
5. Spray a cookie sheet with cooking spray. Put flour on a dish. Dip each strip into flour, then egg mixture, then cornflakes.
6. Place fish on the sheet and bake in oven for 15 minutes until fish is 145°F or flakes easily with a fork.

*Tips: Line baking pans with foil for easy cleanup.*

**NUTRITION FACTS PER SERVING:** 410 calories, 7g total fat (1 g sat. fat), 90mg cholesterol, 300mg sodium, 63g carbohydrates, 6g fiber, 4g sugar, 26g protein

*Recipe compliments of Iowa State University Extension:  
Healthy & Homemade Meals 2017 Nutrition & Fitness Calendar*