

Tastes Like Fried Fish

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 12-14 minutes

Serves: 4

CChints: You can use this recipe with your choice of fish like, cod, Mahi Mahi, tilapia, etc. Panko bread crumbs are becoming more and more popular in a variety of recipes.

They have a crunchy texture add to any meal. You can find it in the Asian or flour sections of your super –market. You don't need salt for this recipe because of the salt in the chips.



4 pieces of fish fillets, about 1 pound
1/4 cup skim milk
1/2 cup crushed potato chips
1/2 cup panko bread crumbs
1/4 cup grated Parmesan cheese
1/4 teaspoon dried thyme
1/4 teaspoon dried oregano
2 tablespoons butter, melted or spray butter

Tarter Sauce:
1/2 cup reduced fat mayonnaise
2 teaspoon capers, rinsed and diced
1 tablespoon diced dill pickled
1 teaspoon dill pickle juice from jar
2 tablespoon mined onion
1 tsp dried dill or 1 tablespoon fresh

Preheat oven to 400 degree F and make sure your oven rack is placed in the center of the oven. Line a baking pan that has turned up edges with a silicone mat or spray with cooking spray.

Rinse fish and pat it dry. Cut into serving size pieces and lay them on a plate. If you have children at your table, cut their pieces in half again so they resemble fish sticks.

Pour the milk into a shallow bowl and set it beside the fish. Put some potato chips in a plastic bag, seal it, and smash them with a cup. Mix together the chips through oregano in another shallow bowl and set this bowl by the milk so you now have your assembly line...fish, milk and then crumbs.

Dip the fish in the milk, then dip into the crumbs to coat each piece on all sides. Lay in the baking pan. When they are all in the pan, drizzle the butter over to top or spray lightly with the spray butter. Bake uncovered on the middle rack of your oven for 10 minutes or until the fish flakes apart.

While the fish is baking, prepare the tarter sauce and your side item. For the tarter sauce, blend together all of the ingredients in a small mixing bowl. Any leftovers can be stored in an airtight container in the refrigerator for up to one week.

When the fish is done, remove the pan from the oven. Carefully slide a spatula under each piece of fish and transfer it to a plate. Add your side item and some tarter sauce. Enjoy