Baked Flaked Fish with Tartar Sauce

Serves 8, 4 oz. cooked fish and 2 Tablespoons sauce per serving

Ingredients

- Fish: 2 pounds fish fillets, such as tilapia or haddock
- 4 1/4 cups cornflakes cereal
- 1/2 cup whole wheat flour
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 large eggs
- 1/4 cup nonfat milk
- Non-stick cooking spray

Tartar Sauce

- 1/2 medium lemon
- 1/2 cup light mayonnaise
- 1/2 cup plain nonfat yogurt
- 3 Tablespoons sweet pickle relish
- 1/4 teaspoon ground black pepper

Instructions

1. Preheat oven to 375°F.
2. Cut fillets into 8 roughly even-size pieces.
3. In a medium bowl, crush cornflakes.
4. In a second medium bowl, mix flour, salt, and black pepper.
5. In a third medium bowl, add eggs and milk. Beat with a fork.
6. Dip each fish piece into flour, then egg mixture, then cornflakes. Each piece should be fully coated with flakes.
8. Bake until fish flakes easily with a fork, about 15–20 minutes. While fish cooks, prepare tartar sauce.
10. In a second small bowl, add mayonnaise and yogurt. Whisk with a fork until smooth. Add relish, black pepper, and 2 teaspoons lemon juice. Stir until combined.
11. When fish is cooked, serve immediately. Add a dollop of tartar sauce on top or serve on the side.