



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 or haddock
- 4¼ cups cornflakes cereal
- ⅓ cup whole wheat flour
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 large eggs
- ¼ cup nonfat milk
- Non-stick cooking spray



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Tartar Sauce

- ½ medium lemon
- ½ cup light mayonnaise
- ½ cup plain nonfat yogurt
- 3 Tablespoons sweet pickle relish
- ¼ 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.
7. Coat baking sheet with non-stick cooking spray. Place fish pieces on sheet, evenly spaced. Spray pieces lightly with cooking spray.
8. Bake until fish flakes easily with a fork, about 15–20 minutes. While fish cooks, prepare tartar sauce.
9. Rinse lemon. In a small bowl, squeeze juice. Discard seeds.
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.

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