

# Oven Baked Fish Sticks

**Yield: 8 servings**

## Ingredients

2 cups breadcrumbs  
½ cup Parmesan cheese; grated  
½ teaspoon garlic powder  
½ teaspoon thyme; dried  
½ teaspoon kosher salt  
¼ teaspoon black pepper; ground  
⅛ teaspoon cayenne pepper  
4 eggs beaten  
2 pounds fish

## Instructions

1. Preheat oven to 400 degrees.
2. Line a baking sheet pan with parchment paper and set aside.
3. Mix breadcrumbs with the Parmesan cheese, garlic powder, thyme, salt, pepper, and cayenne.
4. Place eggs and breadcrumb mixture in two separate shallow dishes.
5. Pat fish dry and cut into "thumb sized" pieces.
6. Run the pieces through the egg to coat it lightly and hold the fish over the egg bowl to let any excess fall back into the bowl.
7. Lay the strips in the breadcrumbs, turn it over and press it into the breading to evenly coat. Shake excess crumbs off fish.
8. Place the fish on the baking sheet pan and then place in oven. Bake for about 10 minutes or until the internal temperature reaches 145 degrees.

## Nutrition Information

**Serving Size: 4 ounces (2-4 tenders)**

Calories: 287  
Total Fat: 6.4 g  
Saturated Fat: 2.1 g  
Monounsaturated Fat: 0.0 g  
Sodium: 477 mg  
Total Carbohydrate: 15.4 g  
Dietary Fiber: 0.5 g  
Sugars: 0.9 g  
Protein: 38.3 g

Source: Spectrum Health Culinary Medicine/GRCC  
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