



EATING SMART
BEING ACTIVE

Baked Fish and Chips

Serves: 4 Cost/Serving: \$1.24 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

INSTRUCTIONS

- 1 The potatoes (chips) take longer to bake. Once they are in the oven, prepare the fish.
- 2 Preheat oven to 425°F.
- 3 Scrub potatoes under running water using a clean vegetable brush. Cut in half and then into 1/4 inch slices.
- 4 Combine potatoes, oil, salt, and pepper in a bowl. Stir so potatoes are covered with oil.
- 5 Spray a cookie sheet with cooking spray and lay slices out in a single layer.
- 6 Bake for 15 minutes. Turn potatoes over and bake for 15 minutes more. (for a total of 30 minutes)
- 7 Cut each fillet into two strips.
- 8 Place cornflakes in a plastic bag. Crush by rolling a glass over the bag.
- 9 Beat egg and water together in a bowl.
- 10 Spray a cookie sheet with cooking spray. Put flour on a dish. Dip each strip into flour, then egg mixture, then cornflakes.
- 11 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.

For tartar sauce, stir together 2 tablespoons light mayonnaise and 2 tablespoons pickle relish.

Nutrition Facts

4 servings per recipe	
Serving Size: 2 fish strips and 1 cup potatoes	
Amount Per Serving	
Calories	410
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 300mg	13%
Total Carbohydrates 63g	21%
Dietary Fiber 6g	24%
Total Sugars 4g	
Added Sugars	NA*
Protein 26g	
Vitamin D 3.6mcg	18%
Calcium 44mg	3%
Iron 9mg	50%
Potassium 1227mg	26%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.