

OVEN-BAKED ALMOND-CRUSTED FISH STICKS WITH VEGGIES

Preparation: 5 minutes | Cooking: 20 minutes | Servings: 4

INGREDIENTS

2 large eggs
1 pound cod,
rinsed and cut into
1-inch-by-5-inch pieces
1 cup crushed almonds
1/2 cup crushed
bran flakes cereal
1 tablespoon
wheat germ
2 teaspoons olive oil
1 teaspoon sea salt
1/2 teaspoon
garlic powder
1/2 teaspoon oregano
1/2 teaspoon cayenne
pepper (optional)
Marinara sauce
for serving
Vegetable of choice



INSTRUCTIONS

Preheat the oven to 425 degrees Fahrenheit. Mix the almonds, bran flakes, wheat germ, sea salt, garlic powder, cayenne pepper and oregano together in a medium bowl. Crack the eggs into a separate small bowl, and beat until frothy. Coat a baking pan with the olive oil. Dip the fish sticks first in the egg mixture and then into the almond mixture. Place the fish sticks on the prepared pan. Bake until lightly browned, 10 to 15 minutes. Serve with your favorite marinara sauce as a dip and your favorite prepared vegetable on the side!