

Flaky Fish Sticks—Makes 20—1 oz sticks

Did you know? You can get fried food taste without the fried food fat.

1 1/4 pounds firm cod or halibut cut into 1/2 inch thick sticks

2 cups corn flakes

1/4 cup flour (use whole wheat flour)

1/4 cup parmesan cheese

1/2 tsp garlic powder

1/4 tsp salt

3 tablespoons canola oil

Crush corn flakes to a fine texture. Mix with flour, cheese, garlic powder, and salt in a resealable bag. Dip fish into canola oil and coat with corn flake mixture. Place on baking sheet coated with cooking spray. Bake for around 10 minutes at 500 degrees.