

Crunchy Fish Nuggets with Lemon Tartar Sauce

Serves 4; 6 nuggets and 2 tablespoons tartar sauce per serving

Ingredients:

1 pound skinless halibut fillets or other white fish filets
Egg substitute equivalent to 1 egg
2 tablespoons skim milk
¼ cup parmesan cheese
¼ cup cornflake crumbs or plain dry bread crumbs
½ teaspoon paprika
½ cup fat-free or low-fat, trans fat free mayonnaise
2 tablespoons finely chopped dill pickle
1 teaspoon finely shredded lemon peel
1 teaspoon lemon juice

Preheat oven to 450: F.

Rinse fish and pat dry. Cut fish into 24-bite-size pieces. Set aside.

In a medium bowl, combine egg substitute and skim milk. In a large plastic bag with a tight-fitting seal, combine parmesan cheese, crumbs and paprika.

Add fish chunks to egg mixture, stirring until well coated. Using a slotted spoon, remove fish and egg mixture and place several in bag with crumb mixture. Seal bag and toss until fish is well coated with crumbs. Repeat until all fish is coated.

Arrange fish in a single layer on a baking sheet or in a shallow baking pan. Bake about 5 minutes, or until fish flakes easily with a fork.

Meanwhile, in a small bowl, stir together remaining ingredients. Serve the lemon tartar sauce with the fish.

Calories: 191

Protein: 26 gm

Carbohydrate: 14 gm

Total fat: 3 gm

Saturated fat: 1 gm

Polyunsaturated fat: 1 gm

Monounsaturated fat: 1 gm

Cholesterol: 64 mg

Sodium: 739 mg