Baked Fish Sticks with Tartar Sauce

##### **Yield:** 4

##### **Prep time 10 minutes**

##### **Total time:** 24 minutes

# Ingredients

5 cups Corn flakes

Seasoning salt of choice (plain salt if fine)

Pepper

1 Tablespoon lemon zest

1⁄4 cup Butter, melted

2 Tablespoons Fresh lemon juice

1 lb Cod fish fillets, cut into about 1 ½ inch strips (can use tilapia or similar fish)

# Healthy Tartar Sauce

¼ cup (Light) mayonnaise (plus 2 tablespoons)

3 Tablespoons Sweet pickle relish (or to taste)

1⁄8 teaspoon Garlic powder (or to taste)

1 Tablespoon Fresh lemon juice (can use more)

To Taste Salt and pepper

# Pre-Class Directions

# Set oven to 475°F (set oven rack to second-lowest position, or the middle rack).

# Zest 1 lemon and hold the zest. Juice the other lemons until you have 3 tablespoons.

# In a bowl mix together the mayo, sweet relish, garlic powder and lemon juice; whisk to blend, and season with salt and pepper, cover and refrigerate until ready to use.

# Place the cornflakes with a pinch of seasoning salt and black pepper on a in a large Ziplock bag.

# Use a pan or rolling pin to crush the cereal until coarse crumbs form (leave the crumbs coarse, don't crush them to a fine texture) transfer the crumbs to a bowl

Melt ¼ cup butter

# .Directions

In the bowl with the crushed cornflakes mix in lemon the lemon zest, mix well.

In a small bowl mix together the melted butter with about 2-3 tablespoon fresh lemon juice until well combined.

Season the fish with black pepper (and more salt if desired) then brush the fish with the lemon butter to coat on all sides.

Dip the fish into the cornflake mixture coating completely.

Arrange the fish on a lightly greased baking sheet.

Sprinkle with any remaining cornflake mixture.

Bake fish for about 7-10 minutes (depending on the size of the fish strips).

Serve with the sauce.