

# Oven-Baked Fish Sticks

Skip the packaged frozen fish sticks and make this healthier oven-baked version with just 6 ingredients (including salt).

By **Melissa Gaman** | Updated on September 6, 2022

**Hands On Time:** 40 mins

**Total Time:** 55 mins

## Ingredients

- 3 cups panko bread crumbs
- $\frac{1}{3}$  cup olive oil
- 1 tablespoon seafood seasoning (such as Old Bay)
- kosher salt
- 3 large eggs
- 2  $\frac{1}{2}$  pounds skinless tilapia fillets, cut into 1-inch strips
- coleslaw and ketchup, for serving

## Directions

### Step 1

Heat oven to 450° F. On a large rimmed baking sheet, toss the bread crumbs with the oil, seafood seasoning, and  $\frac{1}{2}$  teaspoon salt. Toast in oven, tossing once, until golden brown, 5 to 7 minutes. Transfer to a shallow bowl and wipe out the baking sheet. In a second shallow bowl, beat the eggs with 1 tablespoon water.

### Step 2

Working with a few pieces at a time, dip the fish in the beaten eggs (shaking off any excess), then coat with the bread crumbs (pressing gently to help them adhere). Place in a single layer on 2 large parchment-lined large baking sheets.

### Step 3

Bake the fish sticks until crisp and opaque throughout, 12 to 15 minutes. Serve with the coleslaw and ketchup.

### Step 4

The uncooked fish sticks can be frozen for up to 3 months. First freeze them on the baking sheets until firm, then transfer to freezer bags. To cook, bake from frozen on parchment-lined baking sheets until crisp and opaque throughout, 18 to 20 minutes.

## Nutrition Facts

Per serving: 325 calories; total fat 14g; saturated fat 3g; cholesterol 140mg; sodium 476mg; total carbohydrate 18g; total sugars 2g; protein 32g; calcium 25mg; iron 1mg