

- » Nonstick vegetable cooking spray
- » 1 tsp olive oil
- » 5 cups red potatoes cut into thick wedges
- » 2 tsp salt-free herb seasoning blend, divided
- » 1/4 cup seasoned dry bread crumbs
- » 1/2 cup crushed, crisp rice cereal
- » 2 tbsp grated Parmesan cheese
- » 1 1/2 tsp dried dill, divided
- » 1/2 tsp paprika
- » 1 1/2 lbs cod fillets cut into 2 x 4 inch strips
- » 2 egg whites

- » 1/4 cup lemon juice
- » 1 tbsp grated lemon peel
- » 2 chopped green onions
- » 1/4 cup nonfat plain yogurt
- » 1/4 cup low-fat sour cream

Nutritional Content

Per Serving

Calories	400 cal	Cholesterol	71mg
Protein	40g	Sodium	347mg
Carbohydrate	46g	Calories from Fat	11%
Fat	5g	Fiber	4g
Saturated Fat	2g		

Preheat oven to 425°F. Coat large cookie sheet with nonstick vegetable cooking spray. In a large bowl combine olive oil and potato wedges with 1 tsp salt-free herb seasoning blend. Mix well. Spread on cookie sheet and bake for 25 to 30 minutes or until golden brown. Meanwhile, combine seasoned dry bread crumbs, crushed rice cereal, Parmesan cheese, dill, 1 tsp salt-free herb seasoning blend, and paprika in a bowl. Mix well. Whisk egg whites with a fork in another bowl. Dip fish strips in egg white and dredge in dry mixture. Arrange on a baking tray sprayed with nonstick vegetable cooking spray. Put in the oven for the last 10 minutes of baking time of the potatoes. Mix lemon juice, grated lemon peel, chopped green onions, yogurt, and sour cream. Serve sauce over fish with potatoes. Serves 4.

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