

- » Nonstick vegetable cooking spray
- » 1/2 tsp olive oil
- » 1 1/4 cups red potatoes cut into thick wedges
- » Pinch salt-free herb seasoning blend
- » 1 tbsp seasoned dry bread crumbs
- » 2 tbsp crushed, crisp rice cereal
- » 1/2 tbsp grated Parmesan cheese
- » 1/2 tsp dried dill, divided
- » Pinch paprika
- » 6 oz cod fillet cut into 2 x 4 inch strips
- » 1 egg white
- » 1 tbsp lemon juice
- » 1 tsp grated lemon peel

- » 1 chopped green onion
- » 1 tbsp nonfat plain yogurt
- » 1 tbsp low-fat sour cream

## Nutritional Content

Per Serving

Calories	426 cal	Cholesterol	71mg
Protein	42g	Sodium	374mg
Carbohydrate	46g	Calories from Fat	13%
Fat	6g	Fiber	4g
Saturated Fat	2g		

Preheat oven to 425°F. Coat a cookie sheet with nonstick vegetable cooking spray. In a bowl combine olive oil and potato wedges with a pinch of 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, a pinch of salt-free herb seasoning blend, and paprika in a bowl. Mix well. Whisk egg white 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 1.

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