

Catch of the Day

What You'll Need

- 1/3 cup 1% low-fat milk
- 1 tablespoon brown mustard
- 1 teaspoon vinegar
- 1 teaspoon lemon juice
- 1 egg white
- 1/4 cup crushed crackers
- 1/2 cup cornmeal
- 1/2 cup breadcrumbs
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1 tablespoon garlic powder
- 1/2 teaspoon thyme
- 1/2 teaspoon pepper
- cooking spray
- 1 pound boneless, skinless fish (flounder, tilapia, cod), cut into pieces about 1 inch wide x 3 inches long

Serves 4

Let's Cook!

- 1 Preheat oven to 425 degrees.
- 2 Spray baking sheet with cooking spray.
- 3 Mix first 5 ingredients (milk to egg white) together in a bowl and set aside.
- 4 Mix next 8 ingredients (crackers to pepper) together in large resealable bag and set aside.
- 5 Dip fish strips into milk mixture and place in resealable bag to coat with dry ingredients. Place on baking sheet.
- 6 Spray strips with cooking spray.
- 7 Cook in oven for 8 minutes on one side. Turn and cook another 8 minutes until crispy.
- 8 Insert a food thermometer in center of a strip and make sure temperature is at least 160 degrees.

Nutrition Facts

Serving Size (201g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 860mg	36%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 30g	
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 15%

Fish

Eating fish can be good for your health. In addition to containing protein and other nutrients, (like vitamin D and selenium), fish contain a specific type of good fat called omega-3 fatty acids. Eating this type of fat may reduce the risk of developing medical problems such as heart disease. Fish is also lower in fat than other animal protein sources like beef and pork.

Although there are many benefits to eating fish, nearly all fish contain some mercury. The amount of mercury in different kinds of fish is not all the same. Young children, pregnant women and women of childbearing age should avoid eating fish with high levels of mercury because it may be harmful to an unborn baby or young child.

You can make fish part of a healthy diet by eating the right amounts of fish that are lower in mercury.

Age and gender	Recommended servings	Types of fish to avoid	Types of fish to eat
Children under 12 years	Age appropriate servings or 6 ounces each week (May safely eat up to 12 ounces)	Avoid large fish, such as shark, swordfish, tilefish or king mackerel	Fish and seafood that are most commonly eaten and low in mercury are shrimp, canned light tuna, salmon, pollock and catfish.
Children over 12 years	Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury.	Avoid large fish, such as shark, swordfish, tilefish or king mackerel	Although white (albacore) tuna is a large fish, it is safe to eat up to 6 ounces each week
Women who could become pregnant, pregnant and lactating women	Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury.	Limit your intake of large fish, such as shark, swordfish, tilefish or king mackerel	Choose from a variety of seafood types if consuming more than 6 ounces each week

Information adapted from the U.S. Food and Drug Administration and the U.S. Environmental Protection Agency

In addition to choosing fish that is low in mercury and eating reasonable amounts, it's important to pay attention to how the fish is prepared. Making healthier fish choices will limit the amount of fat added to your diet. Choose tuna salads prepared with light mayonnaise or low-fat dressings instead of regular mayonnaise. Fish that is grilled, broiled or baked is a healthier choice than fish that is battered and deep fried.