

POTATO CHIP FISH STICKS



	Ingredients	Exchanges
Protein	29.6 gm cod, cooked	3.4 (+3.4 gm fat)
	4.5 gm fresh whole egg, raw	0.3 (-0.3 gm fat)
Fat	13.1 gm mayonnaise	2 (+3.1 gm)
Carbohydrate	2.1 gm potato chips	1.3
Other	Salt and pepper	

Recipe developed by Lianne Demarco

DIRECTIONS

- Preheat oven to 350°F.
- Shred the cooked cod with a fork; set aside.
- Grind the potato chips in a blender, set aside.
- In a small bowl, weigh the shredded cod, mayonnaise, ground potato chips, and egg.
- Season to taste with salt and pepper.
- Cover a baking sheet with aluminum foil or parchment paper.
- Drop spoonfuls of the mixture onto the sheet.
- Using your fingers, gently shape the mixture into a rectangular shape.
- Bake for 15-20 minutes, carefully flipping halfway through.
- Serve warm.

VARIATIONS

- Other proteins may be used such as ground chicken, lobster, or tuna.
- This recipe freezes well and can be reheated in a toaster or conventional oven.
- The ranch dip is a great accompaniment to this recipe and can be found on our website.