

ASIAN SALMON STICKS

Makes 5 Servings

The American Heart Association recommends we all eat two seafood dishes each week, but getting kids to eat, let alone love seafood, can be a tall order. To make seafood more appealing to pint-size palates, we cooked up these super healthy, super delicious salmon sticks. They're familiar enough that kids will happily take that first bite without hesitation, and the Asian seasonings compliment the flavor of the salmon.

INGREDIENTS:

- 24 ounces center cut salmon fillet, skinned
- 1/4 cup all purpose flour
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 large egg
- 1 tablespoon reduced-sodium soy sauce
- 1 teaspoon toasted sesame oil
- 1/2 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 1½ cups panko bread crumbs

DIRECTIONS:

1. Preheat oven to 450°F. Generously coat a large baking sheet with nonstick cooking spray and set aside.
2. Place salmon on a cutting board and slice into 3/4-inch by 4-inch strips.
3. Place flour, salt, and pepper in a shallow bowl and stir to combine. In a second bowl, whisk together egg, soy sauce, sesame oil, ginger, and garlic powder until well combined. Place bread crumbs in a third bowl or plate.
4. To bread salmon, coat all sides with flour and shake off excess. Dip in egg mixture, then coat evenly with bread crumbs. Arrange on baking sheet, spray tops of fish with nonstick spray and bake about 7 minutes. Remove from oven, flip fish sticks, spray tops again with nonstick spray and continue to bake until coating is crispy and fish is cooked through, 5 to 8 additional minutes.

Nutrition Information per Serving (2 to 3 sticks):

340 calories, 11g fat (2g saturated, 3g omega-3), 340mg sodium, 23g carbohydrate, 1g fiber, 33g protein

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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