Fish Fingers

Ingredients

- 2 slices potato bread
- 1 lb cod or other white firm fish fillet
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 tbsps all-purpose flour
- 1 large egg, beaten
- cooking spray

Summary

Yield: 4
Source: Priscilla Warnke adapted from Cooking Light
Prep Time: 30 minutes
Category: Fish

Instructions

Oven: 425 degrees

Rating: unknown

Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 1/4 cups. Arrange bread crumbs on a baking sheet. Bake at 425 degrees for 5 minutes or until light golden. Place in shallow dish to cool.

Cut fish into 16 (3 x 1-inch) pieces; pat dry with paper towels. Sprinkle fish evenly with salt and pepper. Place flour and egg in separate shallow dishes. Dredge 1 fish finger in flour, shaking off any excess. Dip fish in egg; dredge in breadcrumbs. Repeat with remaining fish. Arrange coated fish on a wire rack on a baking sheet; lightly coat fish with cooking spray. Bake for 8 minutes or until desired degree of doneness.