

Panko-Breaded Baked Fish Sticks

2 tilapia, cod, or other white fish fillets (about 3/4 lb.)
1 egg, beaten
1.25 cups panko
heaping 1/4 tsp. onion powder
heaping 1/4 tsp. garlic powder
heaping 1/4 tsp. paprika
salt and freshly ground pepper
1 Tbsp. canola oil

Preheat the oven to 450. Place a cooling rack on top of a baking sheet and spray lightly with cooking oil/spray.

Cut the fish into strips.

Beat the egg in one shallow bowl and use another shallow bowl or plate to mix together the panko, garlic powder, paprika, salt and pepper, and canola oil.

Dip the fish strips into the egg and then into the panko mixture, coating on all sides. Place each strip on the prepared baking rack and bake for about 10 minutes, rotating the pan once halfway through, or until fish is flaky.