

# DELICIOUS FISH STICKS

## Ingredients

- 2 white fish fillets tilapia, cod, catfish, etc.
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 large egg
- 2 tablespoons half and half
- 1/4 cup all-purpose flour
- 1/3 cup plain breadcrumbs
- 1/4 teaspoon garlic powder
- 1/4 teaspoon Italian seasoning
- 1/2 cup vegetable oil for frying in pan (if decided to fry)



## Instructions

1. Slice fillets into 3/4" wide pieces.
2. Prepare the bread: in one shallow dish, whisk egg and half and half; in another dish, place flour; in the last dish, combine breadcrumbs with garlic powder and Italian seasoning.
3. Season fish pieces with salt and pepper.
4. Dip each fish stick in flour first, then egg mixture, then finally in breadcrumbs. Coat evenly, shake off excess. Repeat with all fish pieces. Set them on a plate next to the stove. Prepare another plate with a paper towel.
5. To fry in a pan: heat up vegetable oil in the pan. Fry fish sticks in batches, until golden brown. Remove onto a paper towel lined plate to absorb excess oil.
6. To bake: preheat oven to 375 degrees F. Bake fish sticks on parchment paper lined baking sheet for 15 to 18 minutes