

Fish sticks Breaded in Lay's® Dill Pickle Flavored Potato Chips



Ingredients

For the fish:

- 1 pound firm, white fish fillets.
- 3 tbsp. of cornstarch.
- 1 large egg.
- 1 tbsp. of low-fat milk.
- ¾ cup of LAY'S® Dill Pickle Flavored Potato Chips
- 1 tbsp. of canola oil.

For the dipping sauce:

- ¾ cup of plain non-fat Greek yogurt.
- 1 tbsp. of gluten-free Dijon mustard.
- 2 tsp. of honey.

How to make it

1. Preheat the oven to 445 degrees Fahrenheit.
2. Pat the fish dry and cut it into 30 strips of 2 inches by 3/4 inches.
3. Arrange an assembly line with three large bowls to coat the fish.
4. Add cornstarch to the first bowl, whisk egg and milk in the second bowl, and add crushed potato chips in the third bowl.
5. Add half the fish strips to the first bowl and toss to coat.
6. Move the fish to the second bowl and again toss to coat.
7. Move the fish to the potato chip mixture and toss to coat one last time. Repeat with the remaining strips.
8. Line a baking sheet with aluminum foil and coat it with cooking spray.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
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LAY'S® Dill Pickle Flavored Potato Chips

9. Arrange the fish strips on the foil and bake for 12-14 minutes, turning the strips over halfway through the cooking process.
10. Whisk the yogurt, mustard and honey together in a small bowl for the dipping sauce.