

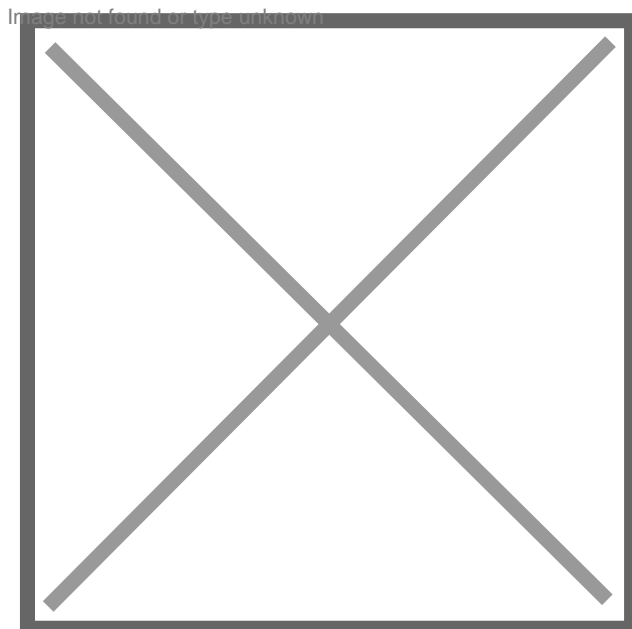
Fish sticks Breaded in LAY'S® Dill Pickle Flavored Potato Chips

Ingredients

- 1 lb firm, white fish fillets
- 3 tbsp cornstarch
- 1 large egg
- 1 tbsp low-fat milk
- 3/4 cup LAY'S® Dill Pickle Flavored Potato Chips
- 1 tbsp canola oil
- 3/4 cup plain non-fat Greek yogurt
- 1 tbsp gluten-free Dijon mustard
- 2 tsp honey

How to make it

1. Preheat the oven to 445°F.
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.
9. Arrange the fish strips on the foil and bake for 12-14 minutes, turning the strips over halfway through the cooking process.



PREP
TIME
25 min



COOK
TIME
14 min

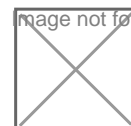


TOTAL
TIME
39 min



SERVING
4

Made with



LAY'S® Dill Pickle Flavored Potato Chips

10. Whisk the yogurt, mustard and honey together in a small bowl for the dipping sauce.