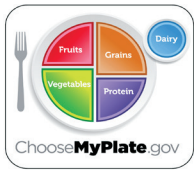


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EASY OVEN FISH WITH SPINACH BASIL DIPPING SAUCE & SPICED APPLES

Classic comfort foods with a modern twist, these easy-to-prepare fish sticks and spiced apples will please any finicky youngster's palate.

Preparation time: 45 minutes
Serves: 4

INGREDIENTS:

Spinach Basil Dipping Sauce

- 1 cup frozen chopped spinach, thawed and drained
- ½ cup chopped fresh basil
- 1 clove garlic
- ¾ cup fat-free plain yogurt
- 2 tbsp vinegar
- 2 tsp honey
- ½ cup flour
- 2 egg whites, beaten
- ¾ cup whole-wheat bread crumbs
- 2 tbsp grated parmesan cheese
- ½ tsp ground black pepper

Fish Sticks

- Cooking spray
- 1 lb frozen pollock (or other white fish, such as haddock or cod), partially thawed

Spiced Apples

- 3 apples
- ½ cup raisins
- ¼ cup chopped pecans
- ½ tsp cinnamon
- 2 tsp butter

DIRECTIONS:






Place rack in center and heat oven to 450°F, and spray cookie sheet with cooking spray. To make dipping sauce, place all ingredients in a blender or food processor; blend or process until smooth. Cut pollock into strips 1-inch wide (easiest when fish is partially, rather than fully, thawed) and place on prepared baking (cookie) sheet. Mix breading ingredients (bread crumbs, parmesan cheese, and pepper) in a shallow dish or pie pan; place flour and egg whites in separate dishes. Dip fish sticks in flour, then in egg whites, then breading mix, coating evenly. Return coated fish sticks to baking sheet, spacing evenly. Cook fish until it is 145°F, confirmed with a food thermometer, about 10-12 minutes, golden brown, turning as needed. While fish sticks are baking, cut apples in quarters and core them; slice into smaller wedges (about 12 per apple). Toss with raisins, pecans, and cinnamon. Heat butter in medium sauce pan. Add fruit mix. Sauté lightly about 3-5 minutes. Apples should still be slightly crisp.

Serving Suggestions:

Serve with 8 oz cranberry juice, and ¾ cup green beans or asparagus.

Recipe Submitted by Produce For Better Health Foundation



Food Group Amounts	
	¼ cup
	1½ cup
	¼ cup
	1½ oz
	3½ oz

Nutrition Facts	
Serving Size 403 g	
Amount Per Serving	
Calories 440	Calories from Fat 90
%Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 240mg	10%
Total Carbohydrate 58g	19%
Dietary Fiber 6g	24%
Sugars 20g	
Protein 33g	
Vitamin A 100%	Vitamin C 15%
Calcium 25%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

