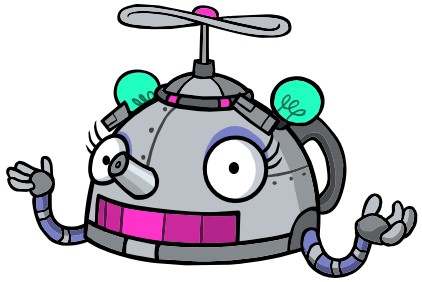
SHOPPING LIST

Parmesan Baked Cod Sticks

- [ ] Whole-Wheat Bread
- [ ] Parmesan Cheese
- [ ] Pepper
- [ ] Mayonnaise
- [ ] Dijon Mustard
- [ ] Cod

First, check off the items you already have at home.



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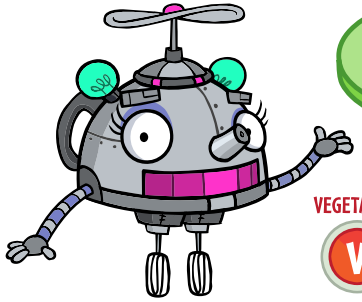
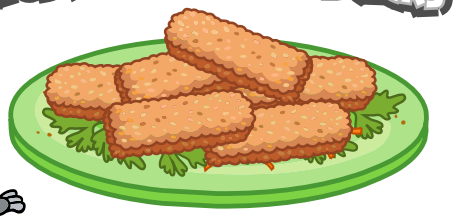
Mixiebot presents **DINNER**

FIZZY'S LUNCH LAB

Parmesan Baked Cod Sticks





VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	4
NO	Under an hour	Hard	

YOU WILL NEED

3 slices whole wheat sandwich bread, torn into small pieces

1 cup shredded Parmesan cheese (about 2 ounces)

1/2 teaspoon pepper

¼ cup mayonnaise

1 tablespoon dijon mustard

1 pound cod, cut into 3-inch x 1-inch strips

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: With the oven rack in the middle position, heat the oven to 300˚. Pulse the bread in a food processor until ground into coarse crumbs. Bake the bread crumbs on a rimmed baking sheet until dry and just starting to turn golden, about 20 minutes. Allow the crumbs to cool.

STEP 2: Turn the oven up to 425˚. Set a wire rack inside a rimmed baking sheet and spray lightly with nonstick spray. Transfer the cooled crumbs to a shallow baking dish and stir in the Parmesan and pepper. In a separate dish, stir together the mayonnaise and mustard. Blot the cod dry with paper towels then brush each piece with a light coating of the mayonnaise mixture (about ½ teaspoon per piece of fish). Press the fish pieces into the crumbs, and space evenly on the prepared rack.

STEP 3: Spray the fish lightly with nonstick spray, and bake until the pieces are golden and the fish is cooked through, about 10 to 12 minutes. Serve.

Nutrition Facts

Serving Size 1 portion (167g)
Servings Per Container

Amount Per Serving

Calories 270 Calories from Fat 90

	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 610mg	**25%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 29g	

Vitamin A 2% • Vitamin C 2%
Calcium 25% • Iron 6%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4