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Oven-Fried Fish and Chips

Makes 4 servings

Ingredients:
Canola or olive oil cooking spray
1 ½ pounds Russet potatoes, scrubbed and cut into ¼-inch wedges
4 teaspoons canola oil
1 ½ teaspoon Cajun or Creole seasoning, divided
2 cups cornflakes
¼ cup all-purpose flour
¼ teaspoon salt
2 large egg whites, beaten
1 pound Pacific cod or haddock, cut into 4 portions

Directions: Remember to wash your hands.

1. Position racks in upper and lower third of oven; preheat to 425 degrees F. Coat a large baking sheet with cooking spray. Set a wire rack on another large baking sheet; coat with cooking spray.
2. Place potatoes in a colander. Rinse with cold water and pat dry with paper towels. Toss potatoes, oil and ¾ teaspoon Cajun, or Creole, seasoning in a large bowl. Spread potatoes on a baking sheet without the rack. Bake on the lower oven rack, turning every 10 minutes, until tender and golden; approximately 30 to 35 minutes.
3. Meanwhile, coarsely grind cornflakes in a food processor or blender, or crush in a sealable plastic bag. Transfer to a shallow dish. Place flour, the remaining ¾ teaspoon Cajun or Creole seasoning and salt in another shallow dish, and egg whites in a third shallow dish. Dredge fish in the flour mixture, dip it in the egg white and then coat all sides with the ground cornflakes. Place on prepared wire rack. Coat both sides of the breaded fish with cooking spray.
4. Bake fish on upper oven rack until opaque in the center and breading is golden brown and crisp, about 20 minutes.

Nutrition information per serving: Cal - 325; Fat – 5 g; Carb – 45 g; Protein—24g; Sodium—331mg

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