

# Easy Oven Fish with Spinach Basil Dipping Sauce & Spiced Apples

**Cook time:** 45 minutes

**Makes:** 4 Servings

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

## Ingredients

For the Spinach Basil Dipping Sauce:

- 1 cup** frozen chopped spinach, thawed and drained
- 1/2 cup** chopped fresh basil
- 1 clove** garlic
- 3/4 cup** fat-free plain yogurt
- 2 tablespoons** vinegar
- 2 teaspoons** honey

For the Fish Sticks:

- cooking spray
- 1 pound** frozen pollock, or other white fish, such as haddock or cod (partially thawed)
- 1/2 cup** flour
- 2** egg whites, beaten
- 3/4 cup** whole-wheat bread crumbs
- 2 tablespoons** grated Parmesan cheese
- 1/8 teaspoon** ground black pepper

For the Spiced Apples:

- 3** apples
- 1/2 cup** raisins
- 1/4 cup** chopped pecans
- 1/2 teaspoon** cinnamon
- 2 teaspoons** butter



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>440</b>
<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	2 g
Cholesterol	90 mg
<b>Sodium</b>	<b>240 mg</b>
<b>Total Carbohydrate</b>	<b>58 g</b>
Dietary Fiber	6 g
Total Sugars	20 g
Added Sugars included	4 g
<b>Protein</b>	<b>33 g</b>
Vitamin D	1 mg
Calcium	250 mg
Iron	4 mg
Potassium	758 g

N/A - data is not available

## MyPlate Food Groups

<span style="color: red;">■</span> Fruits	1 1/2 cups
<span style="color: green;">■</span> Vegetables	1/4 cup
<span style="color: orange;">■</span> Grains	1 1/2 ounces
<span style="color: purple;">■</span> Protein Foods	3 1/2 ounces
<span style="color: blue;">■</span> Dairy	1/4 cup

## Directions

1. Place rack in center and heat oven to 450°F. Spray cookie sheet with cooking spray.
2. To make dipping sauce, place all ingredients in a blender or food processor; blend or process until smooth.
3. Cut pollock into strips 1-inch wide (easiest when fish is partially, rather than full, thawed) and place on prepared baking sheet.
4. Mix breading ingredients (bread crumbs, Parmesan cheese, and pepper) in a shallow dish or pie pan; place flour and egg whites in separate dishes.
5. Dip fish sticks in flour, then in egg whites, then breading mix, coating evenly.
6. 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.
7. While fish sticks are baking, cut apples in quarters and core them; slice into smaller wedges (about 12 per apple).
8. Toss with raisins, pecans, and cinnamon.
9. Heat butter in medium sauce pan. Add fruit mix.
10. Sauté lightly about 3-5 minutes. Apples should still be slightly crisp.

## Notes

Serving Suggestions: Serve with 100% fruit juice and green beans or asparagus.

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