

4 PORTIONSDiana Stenlund-Moffat,
Dietitian

These are fairly substantial burgers, so serve them with something light. For young children, half a burger will probably be enough.

TIP

Dipping the fish in an egg mixture before covering with the coating helps the crumb mixture to stick.

VARIATION

Crunchy Fried Chicken: Substitute 3 lb (1.5 kg) boneless skinless chicken for the fish. Prepare coating as for fish fillets, but bake in preheated oven for 20 to 25 minutes or until chicken is no longer pink inside.

DIETITIAN'S MESSAGE

The deep-fried fish sandwiches or burgers typically served at fast food restaurants are loaded, with fat – some have more than twice that of a cheeseburger! With these fish burgers, however, the fat content is about the same as that of a plain hamburger.

Crunchy Fish Burgers

Preheat oven to 375°F (190°C)

Baking sheet, greased

Crunchy Coating

1 cup	crushed cornflakes	250 mL
1/2 tsp	garlic powder	2 mL
1/2 tsp	dry mustard	2 mL
1/4 tsp	black pepper	1 mL

Burgers

1	egg	1
1 tbsp	water	15 mL
1 lb	fresh <i>or</i> frozen fish fillets (sole, perch <i>or</i> halibut), patted dry	500 g

Zippy Tartar Sauce

1/4 cup	sweet pickle <i>or</i> dill pickle relish	50 mL
2 tbsp	light mayonnaise	25 mL
1/4 tsp	horseradish	1 mL
4	6 inch (15 cm) submarine-type buns, halved	4
4	lettuce leaves	4
2	medium tomatoes, sliced	2

- 1. Crunchy Coating:** In a heavy plastic bag, combine crumbs, garlic powder, mustard and pepper.
- 2. Burgers:** In a shallow bowl, lightly beat together egg and water; set aside. Dip fish fillets in egg mixture and transfer, 1 piece at a time, to plastic bag; shake gently to coat. Place on baking sheet. Bake in preheated oven for 10 to 15 minutes or until fish is opaque and flakes easily when tested with fork.
- 3. Zippy Tartar Sauce:** In a small bowl, blend together relish, mayonnaise and horseradish.
- 4. Assembly:** Spread buns with tartar sauce; add fish fillets and top with lettuce and tomato.

PER SERVING

Calories : 503

Dietary Fiber: 3 g

Fat: 9 g

Carbohydrate: 72 g

Protein: 32 g