

Faux Fried Fish Sandwiches

Submitted by Michelle Broussard-Hanes

“Healthy and delicious—give it a try!”

Ingredients:

Several fish filets, rinsed well and patted very dry w/ paper towel
2 Tbsp oil

Crust:

1 “sleeve” of Ritz Crackers (low sodium version)
Generous amounts of seasoning blend, oregano, onion powder & dill weed

Sandwich Assembly:

Dijon mustard, 1 or 2 ripe avocados and slices of 15 grain Bread

Directions:

Preheat oven to 350 degrees if your chosen fish filet is tilapia. If you have selected catfish (which is thick), increase oven temp. to 400-425 degrees.

Either pulverizes Ritz Crackers in a food processor, or place in Ziploc bag and then crush with a rolling pin. Transfer into a bowl and add spices and herbs. Blend well. Transfer to a flat dish for “dredging”...

Spray baking sheet with non-stick cooking spray. Wash, rinse and pat fish filets very dry with paper towels. Lightly dredge fish filets in EVOO. Dredge the oil coated filets in the crust mixture and press the crumbles into the flesh of the filet. Transfer carefully to the baking sheet. If filets are thin, cook at 350 degrees for 15-20 minutes. If filets are thick—such as catfish—cook for 40-45 minutes at 400 degrees, or until the fish is moist but flaky. (Do NOT flip over during baking). Assemble sandwiches on 15 grain bread spread w/ Dijon mustard and slices of ripe avocado. Enjoy!

NOTE: *Don't be scared to enjoy avocados!* The monosaturated, medium chain fatty acids lowers cholesterol, high blood pressure & triglyceride levels, promotes excellent mental acuity, aids digestion, and is high in folate and potassium. Avocados trigger “satiating levels” and thus, when eaten in moderation, actually help with weight loss! As they say, “It’s ALL good!”

“Fasting is the beginning and the foundation of every spiritual work. So, whatsoever you build on this foundation doesn't fall and isn't torn down, because they were built on firm rock”.

Symeon, The New Theologian