



Crispy Fish Nuggets



- 1 --- Cut haddock, cod or tilapia into large chunks. Roll fish into mayonnaise, and then into panko.
- 2 --- Place fish nuggets on a baking sheet that has been sprayed with a nonstick cooking spray.
- 3 --- Season with salt, black pepper and garlic powder. Spray fish with nonstick cooking spray.
- 4 --- Bake in a 375° oven for 20 minutes, or until fully cooked.



Bocaditos de Crocantes Pescado



- 1 --- Corta trozos grandes de abadejo, bacalao o tilapia. Pasa el pescado por mayonesa y luego, por panko.
- 2 --- Coloca los bocaditos de pescado en una placa para horno rociada con spray antiadherente.
- 3 --- Rocía con aceite, sal, pimienta negra y ajo en polvo. Rocíe el pescado con spray antiadherente.
- 4 --- Hornea a 375° durante 20 minutos, o hasta que esté totalmente cocido.