



## 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.



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