



## *Lenten Meatless Meal*

### Baked Fish and Chips

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#### Ingredients:

4 Cod fillets (6 oz each)	2 Tbsp olive oil mayonnaise
1 cup nonfat buttermilk	2 Tbsp Greek yogurt
Tabasco to taste	Juice of 1 lemon
3/4 cup panko bread crumbs	2 Tbsp chopped pickles
3/4 cup crushed salt and vinegar chips	1 Tbsp capers
Salt and black pepper to taste	1 tsp Dijon mustard

#### Directions:

1. Combine the cod, buttermilk and a few shakes of Tabasco in a sealable plastic bag. Marinate in the refrigerator for 20 minutes.
2. Preheat to 400 F.
3. Combine the breadcrumbs and crushed chips in a shallow baking dish and season with a few pinches of salt and black pepper.
4. Working with one piece at a time, remove the fish from the buttermilk and roll in the coating, using your fingers to pat the mixture onto the surface of the fish.
5. Place the coated fish onto a rack set in a baking sheet. Bake for about 15 minutes, until the coating is nicely browned and crunchy and the fish flakes with gentle pressure from your finger.
6. While the fish bakes, combine the mayo, yogurt, lemon juice, pickles, capers, and Dijon in a mixing bowl
7. Serve the fish with a scoop of tartar sauce on the side