

# Baked Flounder & Chips

## Ingredients

- 1 lb Flounder fillet, cut into serving size pieces
- 1 lb Russet Potatoes, cut into wedges
- 1/2 cup Whole Wheat Flour
- 6 tbsp Whole Wheat Bread Crumbs
- 1 pinch paprika
- 1 pinch Ground Black Pepper
- 1 Egg White, beaten

## Directions

Pre-heat oven to 450°. Spray baking sheet with non-stick cooking spray. Arrange potato wedges along one side of pan, leaving room for fish. Spray potatoes lightly with non-stick cooking spray. Bake for 25 minutes or until golden brown & tender.

Meanwhile, combine flour, bread crumbs, paprika and pepper in shallow bowl. In another bowl, lightly beat an egg white. Dip fish in egg white, then coat both sides with flour mixture. Transfer fish to baking sheet, alongside potatoes, and cook for 10 minutes, or until fish is crisp and browned. Serve with tartar sauce.

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