

Homemade Fish and Chips

things you need

2 cups

cooked or canned fish, mashed slightly

1

egg

¼ cup

milk

½ cup

bread crumbs

2 tbsp

melted butter or margarine (non-hydrogenated)

2

potatoes

1

sweet potato

¼ cup

vegetable oil

1 tsp

garlic powder

here's how

1. Combine fish, egg and milk. Add some bread crumbs. Form into sticks.
2. Combine remaining bread crumbs and melted butter. Roll fish sticks in bread crumb mixture. Place on greased cookie sheet.
3. Meanwhile, peel potatoes and sweet potatoes. Cut into strips. Place in a bowl.
4. Combine oil and garlic powder in a small bowl. Pour oil/garlic over potato and sweet potato strips. Stir to coat.

5. Place on greased cookie sheet.
Sprinkle with salt and pepper.
6. Bake the fish sticks and fries at 425°F
for 15 minutes, then turn. Bake for
another 15 minutes.
7. Serve hot with vinegar, ketchup or
tartar sauce.