

Crispy Fish Sandwich with Pineapple Slaw

Ingredients

2 tbsp low fat mayonnaise	1/4 cup cornmeal
2 tbsp nonfat plain yogurt	1 1/4 lbs cod, cut into 4 portions
2 tsp rice vinegar	1/2 tsp Cajun seasoning
1/8 tsp crushed red pepper	1/4 tsp salt
1 8 oz can pineapple chunks or rings, coarsely chopped	4 tsp canola oil, divided
2 cups coleslaw mix	8 slices bread, toasted

Directions

Whisk mayo, yogurt, vinegar and crushed red pepper in a medium bowl. Add pineapple and coleslaw mix and stir to combine.

Place cornmeal in a shallow dish. Sprinkle both sides of fish with Cajun seasoning and salt. Dredge the fish in cornmeal. Heat 2 tsp oil in a large nonstick skillet over medium-high heat. Add half the fish and cook until golden, about 2 minutes per side. Transfer to plate and repeat with remaining 2 tsp oil and fish, adjusting heat as needed to prevent burning.

Top toasted bread with fish and pineapple slaw to make sandwiches. Serve immediately.

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