



## **Crispy Fish Sandwich with Pineapple Slaw** Provided by EatingWell.com



A fish sandwich doesn't have to be deep-fried and doesn't have to be off your list of "healthy" foods. Try our version with a tangy, zesty pineapple slaw. It's worth taking the extra minute to chop pineapple slices instead of using crushed pineapple—the crushed is too small and disappears into the slaw. Try this with oven fries.

### • INGREDIENTS

- 2 tablespoon reduced-fat mayonnaise
- 2 tablespoon nonfat plain yogurt
- 2 teaspoons rice vinegar
- 1/8-1 teaspoon crushed red pepper
- 1 8-ounce ca pineapple chunks or rings, drained and coarsely ch
- 2 cups coleslaw mix, (see Tip)
- 1/4 cup cornmeal
- 1 1/4 pounds haddock, or Pacific cod, skinned and cut into 4 portions
- 1/2 teaspoon Cajun seasoning
- 1/4 teaspoon salt
- 4 teaspoons canola oil, divided
- 8 slices whole-wheat country bread, toasted

### COOKING DIRECTIONS

Step 1: Whisk mayonnaise, yogurt, vinegar and crushed red pepper to taste in a medium bowl. Add pineapple and coleslaw mix and stir to combine.

Step 2: Place cornmeal in a shallow dish. Sprinkle both sides of fish with Cajun seasoning and salt. Dredge the fish in the cornmeal.

Step 3: Heat 2 teaspoons 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 a plate and repeat with the remaining 2 teaspoons oil and fish, adjusting heat as necessary to prevent burning.

Step 4: Top toasted bread with the fish and pineapple slaw to make sandwiches. Serve immediately.

Serves 4 Prep Time 25 min. Total Time 25 min.

### NUTRITION INFO

Per serving

Calories: 425 Carbohydrates: 42g Fat: 9g Protein: 44g Dietary Fiber: 7g Saturated Fat: 1g Monounsaturated Fat: 4g Cholesterol: 105mg Potassium: 865mg Sodium: 684mg

Exchanges: 2 starch, 1/2 fruit, 1 vegetable, 4 1/2 lean meat

Carbohydrate Servings: 2

