



Crispy Fish with Banana Salsa Sandwich

Ingredients Needed for Crispy Fish with Banana Salsa Sandwich

- 1 package of Aunt Millie's Carb Smart White Bread
- 1 lb. Tilapia fillets, or your favorite fish
- 1 ½ cup crushed potato chips
- ¼ cup grated Parmesan cheese
- ¼ cup milk
- Banana Salsa*
- Friday Fish Cole Slaw**



*Banana Salsa

- 2 medium size ripe bananas, chopped
- 3 green onions, chopped
- 1 small jalapeno pepper, seeded and chopped
- ½ cup chopped green bell pepper
- ½ cup chopped red bell pepper
- 1 tablespoon chopped fresh cilantro
- 2 tablespoon light brown sugar
- 3 tablespoon fresh lime juice
- 1 tablespoon vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

**Friday Fish Coleslaw

- ½ head green cabbage, shredded
- ¼ cup green onion, minced
- ½ cup sugar
- 1 teaspoon kosher salt

- ¼ teaspoon celery seed
- ¼ cup vegetable oil
- ¼ cup white wine vinegar
- 1 teaspoon coarse black pepper
- ½ teaspoon crushed red pepper

Directions for *Banana Salsa

1. 1. Combine all ingredients in bowl, stirring gently. Cover and refrigerate at least 3 hours. Yield: 8 servings.

Directions for **Friday Fish Coleslaw

1. 1. Combine shredded cabbage, sugar, salt and celery seed in a colander placed in a bowl to allow moisture to drain/weep from cabbage. Let stand for 1 hour or more (no more than 3 hours) to allow cabbage with wilt. Place wilted cabbage in a bowl and add green onion, oil and vinegar. Toss gently to coat. Add black and red pepper. Cover and refrigerate for 30 minutes.

Directions for Crispy Fish with Banana Salsa Sandwich

1. Combine crushed chips, grated cheese and ground thyme in a shallow dish and thoroughly mix.
2. Arrange breading station. Dip fish in milk then dredge in potato chip mixture.
3. Place fish in a single layer on a greased baking sheet. Bake at 500 for 8-10 minutes.
4. Cover bottom piece of Aunt Millie's Carb Smart White Bread with Friday Fish Cole Slaw **. Place 1 or 2 pieces of fish on top of Friday Fish Cole Slaw and top fish with Banana Salsa*. Cover with second piece of Aunt Millie's Carb Smart White Bread.
5. Serve and enjoy your Crispy Fish Banana Salsa Sandwich.

Submitted by Dr. Tailgate

