

Fantastic Fish Sticks

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/tilapia-italian-dressing-recipe>

Ingredients:

- 1 pound tilapia
- 3/4 cup mayonnaise
- 2 1/2 tablespoons Dijon mustard
- 3/4 tablespoon hot sauce
- 4 green onions thinly sliced
- 1 lemon juiced
- 1 large egg
- 1 1/2 cups panko bread crumbs
- 1 cup brown basmati rice
- 1 package salad spring mix
- 1/2 cup sunflower seeds
- 1/3 cup Craisins
- 1 cup mushrooms
- 1 cup red bell peppers
- 4 tablespoons Italian dressing

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 120 milligrams
4. Fat: 34 grams
5. Fiber: 7 grams
6. Protein: 36 grams
7. SaturatedFat: 6 grams
8. Sodium: 740 milligrams
9. Sugar: 11 grams

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