**Makeover Fish & Chips**

1 pound potatoes (about 2 medium)
2 TBSP olive oil
¼ tsp. pepper

Fish:
½ cup all-purpose flour
¼ tsp. pepper
1 egg
2 TBSP water
½ cup crushed cornflakes
1 TBSP grated parmesan cheese
⅛ tsp. cayenne pepper
1 pound haddock or cod fillets

Tartar sauce, optional

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- Preheat oven to 425°F. Peel and cut potatoes lengthwise into ¼” thick slices; cut into ½” thick sticks.
- In a large bowl, toss potatoes with oil and pepper. Transfer to a 15”x10”x1” baking pan coated with cooking spray. Bake, uncovered, 25 to 30 minutes or until golden brown and crisp, stirring once.
- Meanwhile, in a shallow bowl, mix flour and pepper, in another shallow bowl, whisk egg with water. In a third bowl, toss cornflakes with cheese and cayenne. Dip fish in flour mixture to coat both sides; shake off excess. Dip in egg mixture, then in cornflake mixture, patting to help coating adhere.
- Place on a baking sheet coated with cooking spray. Bake 10 to 12 minutes or until fish just begins to flake easily with a fork. Serve with potatoes, and, if desired, tartar sauce.