

# Low-Point Pan-Fried Swai Sliders

Ingredients:

- 2, 5 oz. Swai fillets
- 1 Tbs olive oil
- 4 Tbs Panko (Japanese bread crumbs)
- 1 Roma tomato
- salt and pepper (or your favorite seasonings to taste)
- Pam cooking spray with olive oil
- Kings Hawaiian sweet bread rolls

Spray large skillet with Pam cooking spray. Heat skillet over medium-high heat. Place olive oil in a shallow bowl. Take a pastry brush and brush both fish, both sides. Coat eat side of fish with 1 tablespoon of Panko bread crumbs (four tablespoons total) and press bread crumbs onto fish. Turn heat down to medium heat, add seasoning to fish, and place in the skillet sprayed with cooking spray. Fry on each side about 4 minutes (or until fish flakes with a fork). Remove fish and cut each fish into 4 equal pieces. Place one piece of fish on bread roll with a slice of tomato. Spread with a little homemade sauce and enjoy!

## **Sauce:**

- 2 Tbs fat-free mayonnaise
- 1/2 tsp. white wine vinegar
- 1/2 tsp. worcestershire sauce
- 1 tsp. sweet pickle relish
- 1 tsp. chopped capers
- 1/4 tsp. lemon juice
- salt and pepper to taste

Mix ingredients and top each slider with a little sauce.

Total servings - 4

Serving size - 1

Points per serving - 3.1

**NOTE:** Another option for a bigger fish sandwich taste would be to replace the King's Hawaiian bread with a Sandwich Thin roll (I bought Arnold Sandwich Thins). If you use these, cut the fish in half instead of into four sections. One half of the fish on an Arnold Sandwich Thin is 3.8 total points!

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"The bad news is, there is no key to the universe. The good news: it was never locked." - Swami Beyondananda***