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Crispy Fish Sandwich with Pineapple Slaw

- 2 Tablespoon mayonnaise, reduced-fat
- 2 Tablespoon yogurt, fat-free plain
- 2 Teaspoon vinegar, rice
- 1/8 Teaspoon pepper, red, crushed, or up to 1/4 tsp for taste
- 8 Ounce(s) pineapple ring(s), drained and coarsely chopped
- 2 Cup(s) coleslaw mix, packaged
- 1/4 Cup(s) cornmeal
- 1 1/4 Pounds fish, haddock fillets, skinned and cut into 4 portions, or Pacific cod
- 1/2 Teaspoon Cajun seasoning
- 1/4 Teaspoon salt
- 4 Teaspoon oil, canola, divided
- 8 Slice(s) bread, 100% whole-wheat, toasted

- 1) Whisk mayonnaise, yogurt, vinegar and crushed red pepper to taste in a medium bowl. Add pineapple and coleslaw mix and stir to combine.
- 2) Place cornmeal in a shallow dish. Sprinkle both sides of fish with Cajun seasoning and salt. Dredge the fish in the cornmeal.
- 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.
- 4) Transfer to a plate and repeat with the remaining 2 teaspoons oil and fish, adjusting heat as necessary to prevent burning.
- 5) Top toasted bread with the fish and pineapple slaw to make sandwiches. Serve immediately.

