



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Dear Y community,

Today's focus is on kid's fun through fitness. I don't know anybody who doesn't appreciate a tired out kid. Have your littles join in with Trinity and Coach Beky for a rocking good time. Check out our video for Freaky Friday - ABC Workout of The Day.

"Life is like the ocean. It can be calm or still, and rough or rigid, but in the end it is always beautiful".

Yours In Health,  
Carrie Marquardt

### Recipe of the Day

Food is the universal method of fueling the body and mind but nobody says you have to sacrifice taste for nutrition. Check it out!

#### Air Fryer Fish

##### Ingredients:

- \* 1 lb. Cod sliced into 4 pieces
- \* Sea salt
- \* 2 TBLS Gluten all purpose flour (or regular)
- \* 2 eggs
- \* ½ cup Gluten free panko crumbs (or regular)
- \* 1 tsp. onion powder
- \* 1 tsp. fresh dill minced
- \* ½ tsp. dry mustard
- \* ½ tsp. paprika
- \* ½ tsp. zest packed

##### Dip:

- \* ½ cup plain non-fat Greek yogurt
- \* 2 tsp. fresh lemon juice
- \* 1 tsp. fresh dill
- \* Sea salt for taste

Preheat Air Fryer to 400 degrees. Spray mesh basket with cooking spray. Pat the fish dry with paper towel and season well with salt. Place flour in rimmed dish and eggs in a large bowl and beat well. Place the panko and remaining ingredients in a separate rimmed dish. Coat each piece of fish in flour then egg then panko and place into fry basket. Spray the tops with more cooking spray evenly. Cook until golden, approximately 10 minutes. Gently flip and cook another 8-10 minutes. While the fish is cooking mix together the ingredients for the dipping sauce. Pair with Alexia Sweet Potato Fries. Winner winner Fish Fry Dinner!

#### MERIDEN-NEW BRITAIN-BERLIN YOUNG MEN'S CHRISTIAN ASSOCIATION, INC.

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