

Oven-Baked Fish

Meat Alternate

Main Dishes

D-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dry bread crumbs	4 oz	3/4 cup	8 oz	1 1/2 cups	1. In a small bowl, combine bread crumbs, salt, and pepper.
Salt		1 1/2 tsp		1 Tbsp	
Black pepper		1/2 tsp		1 tsp	2. In another bowl, coat fish with mayonnaise or yogurt.
Frozen fish, 2-oz portions, thawed	3 lb 2 oz	25 each	6 lb 4 oz	50 each	
Lowfat mayonnaise OR		1/3 cup	6 oz	2/3 cup	
Lowfat plain yogurt		1/3 cup	6 oz	2/3 cup	3. Roll fish portions in bread crumbs to coat. 4. Place 12 to 13 fish portions in a single layer on each lightly greased half-sheet pan (18" x 13" x 1"). 5. To Bake: Conventional Oven: 500 degrees F, 17 minutes Convection Oven: 450 degrees F, 15 minutes Bake until fish flakes easily with a fork. CCP Heat to 145 degrees F or higher for at least 15 seconds.
					6. CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
1 piece provides 1 1/2 oz of cooked fish	25 Servings: 2 lb 5 oz	25 Servings:
	50 Servings: 4 lb 10 oz	50 Servings:

Special Tip:
This may be served with Fruity Dip (C-02).

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Nutrients Per Serving

Calories	74	Saturated Fat	.4 g	Iron	.5 mg
Protein	9 g	Cholesterol	21 mg	Calcium	16 mg
Carbohydrate	4 g	Vitamin A	5 RE/18 IU	Sodium	220 mg
Total Fat	2.2 g	Vitamin C	0 mg	Dietary Fiber	0 g