

Oven-Baked Fish

Meat

Main Dishes

D-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched dry bread crumbs	4 oz	¾ cup	8 oz	1 ½ cups	<ol style="list-style-type: none"> In a small bowl, combine bread crumbs, salt, and pepper. Reserve for step 3. Pat fish portions dry with paper towels. In a separate bowl, coat fish with yogurt or salad dressing or mayonnaise. Roll fish portions in bread crumbs to coat. Place 12-13 pieces of fish in a single layer on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Bake until fish flakes easily with a fork: Conventional oven: 500° F for 17 minutes Convection oven: 450° F for 15 minutes CCP: Heat to 145° F or higher. CCP: Hold for hot service at 140° F or warmer. <p>Portion is 1 piece (1 ½ oz).</p>
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Frozen fish portions, thawed (at least 2 oz each)	3 lb 2 oz	25 each	6 lb 4 oz	50 each	
OR	OR	OR	OR	OR	
Fresh or frozen fish fillet, thawed (at least 2.2 oz each)	3 lb 7 oz	25 each	6 lb 14 oz	50 each	
Lowfat plain yogurt	3 oz	⅓ cup	6 oz	⅔ cup	
OR	OR	OR	OR	OR	
Reduced calorie salad dressing	3 oz	⅓ cup	6 oz	⅔ cup	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	3 oz	⅓ cup	6 oz	⅔ cup	

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SERVING:	YIELD:	VOLUME:
1 piece provides 1 ½ oz of cooked fish.	25 Servings: 2 lb 5 oz	25 Servings: 2 pans
	50 Servings: 4 lb 10 oz	50 Servings: 4 pans
	Tested 2004	

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

Nutrients Per Serving					
Calories	72	Saturated Fat	0.16 g	Iron	0.55 mg
Protein	11.76 g	Cholesterol	40 mg	Calcium	51 mg
Carbohydrate	3.56 g	Vitamin A	20 IU	Sodium	230 mg
Total Fat	0.86 g	Vitamin C	0 mg	Dietary Fiber	0.1 g