

ONION-LEMON BAKED FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	1 g	26 g	6 g	72 mg	365 mg	24 mg

Ingredient

FISH,FLOUNDER/SOLE FILLET,RAW
 COOKING SPRAY,NONSTICK
 JUICE,LEMON
 MARGARINE,MELTED
 SALT
 PAPRIKA,GROUND
 ONIONS,FRESH,CHOPPED
 MARGARINE,MELTED
 PARSLEY,FRESH,BUNCH,CHOPPED

Weight

30 lbs
 2 oz
 12-7/8 oz
 12 oz
 1-7/8 oz
 1/2 oz
 2-1/8 lbs
 4 oz
 1 oz

Measure

1/4 cup 1/3 tbsp
 1-1/2 cup
 1-1/2 cup
 3 tbsp
 2 tbsp
 1 qts 2 cup
 1/2 cup
 1/4 cup

Issue

2-1/3 lbs
 1 oz

Method

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on sheet pans.
- 2 Combine lemon juice, butter or margarine, salt, and paprika. Drizzle 3/4 cup mixture over fish in each pan.
- 3 Saute finely chopped onions in butter or margarine until tender. Distribute 1 cup sauteed onions over top of fish in each pan.
- 4 Using a convection oven, bake 7 minutes or until lightly browned in 325 F. oven on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher. Garnish with parsley before serving.