

**BAKED STUFFED FISH**

**Yield** 100

**Portion** 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
275 cal	22 g	28 g	7 g	85 mg	380 mg	32 mg

**Ingredient**

CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 BUTTER,MELTED  
 CRACKER CRUMBS  
 PEPPER,BLACK,GROUND  
 THYME,GROUND  
 WATER  
 FISH,FLOUNDER/SOLE FILLET,RAW  
 COOKING SPRAY,NONSTICK  
 JUICE,LEMON  
 BUTTER,MELTED  
 SALT  
 PAPRIKA,GROUND

**Weight**

1 lbs  
 1-5/8 lbs  
 12 oz  
 5-7/8 lbs  
 1/4 oz  
 1/3 oz  
 2-1/8 lbs  
 30 lbs  
 2 oz  
 6-1/2 oz  
 8 oz  
 1-7/8 oz  
 1/2 oz

**Measure**

3-3/4 cup  
 1 qts 5/8 cup  
 1-1/2 cup  
 1 gal 1-3/4 qts  
 3/8 tsp  
 2 tbsp  
 1 qts  
 1/4 cup 1/3 tbsp  
 3/4 cup  
 1 cup  
 3 tbsp  
 2 tbsp

**Issue**

1-3/8 lbs  
 1-3/4 lbs

**Method**

- 1 Saute celery and onions in butter or margarine until tender.
- 2 Combine cracker crumbs, pepper, and thyme; add to vegetables.
- 3 Add water to vegetable-crumbs mixture; toss mixture but do not pack.
- 4 Lightly spray each sheet pan with non-stick cooking spray. Separate fillets; cut into 2-1/4 ounce pieces. Place 50 pieces on each pan.
- 5 Place 1/4 cup vegetable crumb mixture on each piece. Cover with second fish piece.
- 6 Combine lemon juice and butter or margarine; pour over fish in each pan.
- 7 Sprinkle salt and paprika over fish.
- 8 Bake about 25 minutes in 375 F. oven or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.