

## HERBED BAKED FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
162 cal	0 g	26 g	6 g	72 mg	364 mg	22 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW  
 COOKING SPRAY,NONSTICK  
 JUICE,LEMON  
 MARGARINE,MELTED  
 SALT  
 BASIL,DRIED,CRUSHED  
 THYME,GROUND  
 TARRAGON,GROUND  
 MARJORAM,SWEET,GROUND  
 DILL WEED,DRIED

**Weight**

30 lbs  
 2 oz  
 12-7/8 oz  
 1 lbs  
 1-7/8 oz  
 <1/16th oz  
 <1/16th oz  
 <1/16th oz  
 <1/16th oz  
 <1/16th oz

**Measure**

1/4 cup 1/3 tbsp  
 1-1/2 cup  
 2 cup  
 3 tbsp  
 1/8 tsp  
 1/8 tsp  
 1/8 tsp  
 1/8 tsp  
 1/8 tsp

**Issue****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, ground basil, ground thyme, ground tarragon, ground marjoram and whole dill weed. Mix well. Drizzle 3/4 cup mixture over fish in each pan.
- 3 Using a convection oven, bake 7 minutes at 325 F. on high fan, closed vent or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.