

BAKED FISH SCANDIA

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
179 cal	5 g	28 g	4 g	79 mg	192 mg	102 mg

Ingredient

BREADCRUMBS
 JUICE,LEMON
 ONION POWDER
 PEPPER,WHITE,GROUND
 HOT SAUCE
 PARSLEY,DEHYDRATED,FLAKED
 COOKING SPRAY,NONSTICK
 FISH,FLOUNDER/SOLE FILLET,RAW
 YOGURT,PLAIN,LOWFAT
 CHEESE,CHEDDAR

Weight

1-1/4 lbs
 11-1/2 oz
 1/2 oz
 1/8 oz
 1/8 oz
 1/2 oz
 2 oz
 30 lbs
 4-1/3 lbs
 1-1/8 lbs

Measure

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

Issue**Method**

- 1 In a bowl, mix bread crumbs, lemon juice, onion powder, white pepper, hot pepper sauce and parsley.
- 2 Spray each steam table pan with non-stick cooking spray.
- 3 Place 25 fish portions into each steam table pan.
- 4 Cover each portion with 1 tablespoon of low fat yogurt.
- 5 Sprinkle 3 ounces cheese per pan, on top of yogurt.
- 6 Sprinkle 1 tablespoon of crumb mixture onto each portion.
- 7 Using a convection oven, bake 25 minutes at 350 F. or until fish flakes easily with a fork. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.