



Baked Fish

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
7.7 lbs	haddock or other white fish, fresh or frozen (approx. twenty 6 oz (170g) pieces)	3.5 kg
¼ cup	vegetable oil	60 mL
½ tsp	salt	2 mL
Optional:	lemon juice pepper herbs, fresh or dried (e.g. dill, parsley)	

Instructions

1. Preheat oven to 350°F (180°C).
2. Place fish on a parchment-lined baking sheet.
3. Brush with oil and sprinkle with salt, pepper, lemon juice, and herbs if using.
4. Bake for 15 – 20 minutes (frozen) or 10 – 15 minutes (fresh) until flaky.

Vegetarian Substitution suggestion: Fried Egg or Grilled Tofu (see recipe)

Nutrition Information

Serving 45 g (2 oz)

Calories 60
Fat 1.5 g
Saturated 0 g
+ Trans 0 g
Sodium 60 mg
Carbohydrates 0 g
Fibre 0 g
Sugars 0 g
Protein 11 g
Calcium 20 mg
Iron 0.5 mg

Food Guide Servings

1 Meat & Alternative