



# Baked Salmon

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
7 lbs	salmon, fresh or frozen (approx. twenty 6 oz (170g) pieces)	3 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 salmon on a parchment-lined baking sheet.
3. Brush with oil and sprinkle with salt, pepper, lemon juice, and herbs if using.
4. Bake for 25 – 30 minutes (frozen) or 15 – 20 minutes (fresh) until flaky.

*Vegetarian Substitution suggestion:* Grilled Tofu (see recipe)

### Nutrition Information

Serving 60 g (2 oz)

<b>Calories</b>	130
<b>Fat</b>	9 g
Saturated	1.5 g
+ Trans	0 g
<b>Sodium</b>	60 mg
<b>Carbohydrates</b>	0 g
Fibre	0 g
Sugars	0 g
<b>Protein</b>	13 g
Calcium	0 mg
Iron	0.2 mg

### Food Guide Servings

1 Meat & Alternative

