



# Breaded Fish

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
7.7 lbs	haddock or other white fish, thawed (approx. twenty 6 oz (170 g) pieces)	3.5 kg
½ cup	vegetable oil	125 mL
5 cups	breadcrumbs	1.25 L
¼ cup	fresh parsley, minced	60 mL
Optional:	parmesan cheese, grated herbs, fresh or dried	

## Instructions

1. Preheat oven to 350°F (180°C).
2. Mix breadcrumbs, parsley, and Optional Ingredients (if using) in a bowl.
3. Place pieces of fish on a parchment-lined baking sheet. (For best results place a cooking rack on the baking sheet and place the fish on the rack. This allows heat to circulate around the entire piece of fish.)
4. Brush each piece of fish with oil, and press the breadcrumb mixture onto fish until well covered.
5. Bake for approx. 15 – 20 minutes, until golden.

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

<b>Nutrition Information</b>	
Serving 65 g (2 ½ oz)	
<b>Calories</b>	130
<b>Fat</b>	3.5 g
	Saturated 0 g
	+ Trans 0 g
<b>Sodium</b>	130 mg
<b>Carbohydrates</b>	8 g
	Fibre 1 g
	Sugars 1 g
<b>Protein</b>	15 g
Calcium	40 mg
Iron	1.5 mg

<b>Food Guide Servings</b>
¼ Grain Product
1 Meat & Alternative