



# Fish Florentine

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 (170 g) pieces)	3.5 kg
Sauce:		
3 tbsp	butter or margarine	45 mL
3 tbsp	all-purpose flour	45 mL
2 cups	milk	500 mL
1 tbsp	lemon juice	15 mL
3 cups (3 lbs)	spinach, steamed, squeezed, and chopped	750 mL (1.4 kg)
½ tsp	salt	2 mL
1 tbsp	parsley, dried	15 mL
Optional:	parmesan cheese, grated pepper	

## Instructions

1. Preheat oven to 350°F (180°C).
2. Melt butter in saucepan on medium heat. Whisk in flour and continue stirring for approx. 2 minutes until bubbling.
3. Whisk in the milk. Continuously whisk sauce for 5 – 10 minutes or until thickened (i.e. thickly coats the back of a spoon).
4. Stir in lemon juice, parsley, spinach, salt, and pepper (if using).
5. Meanwhile, place fish on parchment-lined baking tray. Bake for 15 – 20 minutes (frozen) or 10 – 15 minutes (fresh) until flaky.
6. Divide among serving plates and ladle sauce on top. Sprinkle with parmesan cheese, if desired.

*Vegetarian Substitution suggestion:*  
Egg Florentine – Follow steps 1 to 4. Remove enough sauce to serve desired number of vegetarian dishes. Use Fried Egg (see recipe) instead of fish and follow same serving suggestion.

For one vegetarian serving, use 1 fried egg, 2 tbsp (30 mL) sauce.

*Note:* Nutrition Information is on page 2.

<b>Nutrition Information</b> Serving 93 g
<b>Calories</b> 90
<b>Fat</b> 1.5 g
Saturated 0.5 g
+ Trans 0 g
<b>Sodium</b> 100 mg
<b>Carbohydrates</b> 1 g
Fibre 0 g
Sugars 1 g
<b>Protein</b> 18 g
Calcium 60 mg
Iron 1.5 mg

<b>Food Guide Servings</b>
1 Meat & Alternative