



# Tomato-Topped Haddock

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	olive oil	125 mL
½ cup	wine vinegar	125 mL
8 cloves	garlic, minced	8 cloves
10	fresh tomatoes, thinly sliced	10
1 cup	parmesan cheese, grated	250 mL
½ cup	fresh parsley, minced	125 mL
½ tsp	salt	2 mL
Optional:	pepper	

## Instructions

1. Preheat oven to 350°F (180°C).
2. Arrange fish side-by-side on rimmed, parchment-lined baking sheet.
3. In a small bowl, whisk together oil, vinegar, garlic, salt, and pepper (if using).
4. Brush half of mixture over fish.
5. Distribute tomato slices on fish; brush with remaining oil mixture. Sprinkle with parmesan cheese.
6. Bake for 10 – 15 minutes or until cheese is golden and fish flakes easily when tested with a fork.
7. Sprinkle with parsley.

*Vegetarian Substitution suggestion:* Tomato-Topped Tofu

Follow steps 1 to 3. Use sliced tofu instead of fish. Brush sliced tofu with oil/vinegar mixture and continue with steps 5 to 7.

For one vegetarian serving, use ½ cup (100 g) tofu.

### Nutrition Information

Serving 80 g (2 ½ oz)

**Calories** 100

**Fat** 3.5 g

Saturated 1 g

+ Trans 0 g

**Sodium** 100 mg

**Carbohydrates** 1 g

Fibre 0 g

Sugars 1 g

**Protein** 13 g

Calcium 50 mg

Iron 1 mg

### Food Guide Servings

1 Meat & Alternative

