



Baked Caribbean Lime Fish Sticks

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Main Dishes

Recipe HACCP Process: #2 Same Day Service

Ingredients	50 Servings		Directions
	Weight	Measure	
McCormick Mojito Lime Seasoning <i>(other seasonings can be substituted)</i>		¾ cup	<ol style="list-style-type: none"> Mix seasoning and panko or bread crumbs in a large bowl. Place yogurt in a separate large bowl. Setup up breading station with both bowls and a parchment lined sheet pan. Spray parchment with pan spray to keep fish from sticking. Dredge fish in yogurt and then roll in breadcrumbs. Place on sheet pan. Bake for 20 minutes at 350° F in conventional and 15 minutes at 325° F for convection oven. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher. Best results with batch cooking. Product will become soggy if held too long.
Panko or bread crumbs		3 qts.	
Dannon plain fat-free Greek yogurt	32 oz.	1 qt.	
Fish portions, thawed <i>(3-1oz. portions or one 3 oz. portion)</i>	9 lb. 6 oz.		

Serving:

Provides 2 oz. equivalent meat/meat alternate

Yield:

50 servings:

Nutrients Per Serving

Calories	166 kcal	Saturated Fat	0.34 g	Iron	1.40 g
Protein	18.72 g	Cholesterol	39.29 mg	Calcium	70.73 mg
Carbohydrates	18.89 g	Vitamin A	0.14 IU	Sodium	302.98 mg
Total Fat	1.56 g	Vitamin C	0.00 mg	Dietary Fiber	1.17 g