

Baked Salmon (#12)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs salmon fillets- raw
½ cup trans fat free margarine
1 ½ Tbsp garlic powder
1 Tbsp parsley, dried
Ground black pepper to taste

Directions

1. Preheat oven to 385°F.
2. In a large skillet, melt margarine. Add garlic powder and parsley. Let simmer for about 2 minutes. With a basting brush, brush each fillet with the garlic butter sauce until fully coated.
3. Bake for approximately 15-20 minutes or until cooked through.

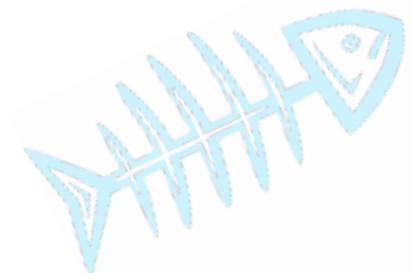
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	155	Calories from Fat	65
% Daily Value			
Total Fat	7 g		11%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	47 mg		16%
Sodium	104 mg		7%
Total Carbohydrate	0 g		0%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein	21 g		
Vitamin A	12%	Calcium	1%
Vitamin C	0%	Iron	5%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein and omega-3 fatty acids.



Baked Flounder (#13)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs flounder fillets-raw
½ cup vegetable oil
1 tsp ground black pepper
1 tsp garlic powder
1 tsp paprika

Directions

1. Preheat oven to 350°F.
2. Place flounder fillets on baking tray.
3. Brush with vegetable oil and seasoning. Bake for 45 minutes or until juices run clear.

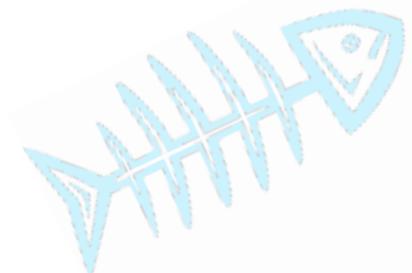
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving		
Calories	139	Calories from Fat 51
% Daily Value		
Total Fat	6 g	9%
Saturated Fat	1 g	4%
Trans Fat	0 g	
Cholesterol	58 mg	19%
Sodium	89 mg	6%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	20 g	
Vitamin A	5%	Calcium 1%
Vitamin C	0%	Iron 4%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Lemon Salmon (#14)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs salmon fillets-raw
1 ½ tsp dijon mustard
1/3 cup lemon juice
Nonstick cooking spray
½ cup vegetable oil
2 Tbsp dry rub (see recipe below)
2 ½ garlic cloves, minced
5 lemons, thinly sliced

Ingredients- Dry Rub

Yield: 1 cup
1 Tbsp ground black pepper
6 Tbsp garlic powder
2 Tbsp paprika
1 Tbsp rosemary, dried
6 Tbsp thyme, dried

Directions

1. Preheat oven to 350°F.
2. Evenly coat two baking sheets with nonstick cooking spray and place the salmon fillets on the baking sheets.
3. In a small bowl combine the vegetable oil, lemon juice, dijon mustard, dry rub and garlic. Whisk until well blended. Pour the lemon-oil mixture over the salmon fillets and top each one with a slice or two of lemon.
4. Bake salmon fillets for 18-20 minutes or until fish flakes easy with a fork.

Directions for Dry Rub

1. Combine all ingredients in an airtight glass container, cover and shake well to mix.

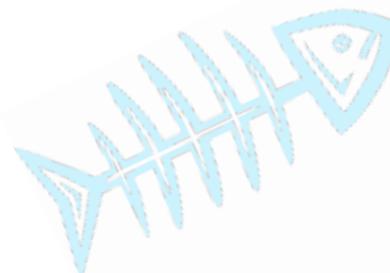
Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein and omega-3 fatty acids.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	177	Calories from Fat	81
% Daily Value			
Total Fat	9 g		14%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	47mg		16%
Sodium	85 mg		5%
Total Carbohydrate	3 g		3%
Dietary Fiber	1 g		4%
Sugars	1 g		
Protein	21 g		
Vitamin A	20%	Calcium	2%
Vitamin C	20%	Iron	11%



Oven Baked Fish (#15)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs tilapia fillets-raw
¾ cup parmesan cheese, grated
4 cups breadcrumbs, plain
1 cup vegetable oil
2 Tbsp lemon juice
2 ½ tsp mustard
Nonstick cooking spray
1 tsp garlic powder
Ground black pepper to taste

Directions

1. Preheat oven to 400°F.
2. Evenly coat 4 baking sheets with nonstick cooking spray and set aside.
3. In a medium bowl combine the breadcrumbs, garlic powder and parmesan cheese and set aside.
4. In another bowl whisk together the vegetable oil, mustard and lemon juice, and season with ground black pepper.
5. Dip tilapia fillets first into the oil mixture and then into the breadcrumb mixture, pressing the breadcrumbs into the fish to coat it evenly.
6. Place the tilapia fillets on the greased baking sheets, making sure they are in a single layer and have space between them.
7. Bake for 10 minutes. Remove from oven, flip over the fillets, and return them to the oven to cook on the other side for another 8-10 minutes or until fully cooked.
8. Tilapia is done when it flakes easily with a fork.

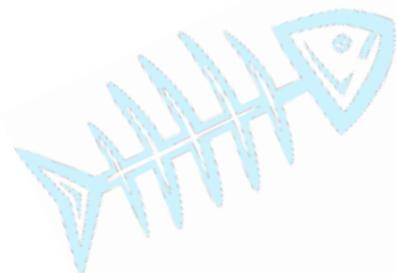
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	265	Calories from Fat	113
			% Daily Value
Total Fat	13 g		20%
Saturated Fat	2 g		11%
Trans Fat	0 g		
Cholesterol	51 mg		17%
Sodium	217 mg		14%
Total Carbohydrate	13 g		10%
Dietary Fiber	1 g		3%
Sugars	1 g		
Protein	26 g		
Vitamin A	2%	Calcium	6%
Vitamin C	1%	Iron	18%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Spanish Style Fish (#16)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs catfish fillets-raw
1 ½ cups pimento stuffed green olives
¾ lb onions, sliced
2 lbs tomatoes, fresh, diced
Nonstick cooking spray
½ cup vegetable oil
6 bay leaves
½ tsp ground black pepper
7 garlic cloves, minced
2 ½ tsp oregano, dried
½ cup parsley, fresh, chopped
2 ½ tsp thyme, dried

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	186	Calories from Fat	106
% Daily Value			
Total Fat	12 g		19%
Saturated Fat	2 g		10%
Trans Fat	0 g		
Cholesterol	56 mg		19%
Sodium	223 mg		14%
Total Carbohydrate	3 g		3%
Dietary Fiber	1 g		4%
Sugars	2 g		
Protein	17 g		
Vitamin A	53%	Calcium	2%
Vitamin C	10%	Iron	10%

Directions

1. Preheat oven to 375°F.
2. Evenly coat two large baking sheets with nonstick cooking spray and set aside.
3. Heat the vegetable oil in a medium saucepan over medium-high heat and add the onion. Cook for 8 minutes and add the garlic, tomatoes, olives, thyme, oregano, bay leaves and season with ground black pepper.
4. Place the catfish fillets on the baking sheets and top with the tomato mixture and sprinkle parsley on top. Cover with aluminum foil and bake for 25 minutes or until catfish flakes easily with a fork.

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Fish Tacos w/ Slaw (#17)

Yield: 25 servings
Serving size: Approximately 3 oz fish and 2 flour tortillas

Ingredients

6.75 lbs tilapia fillets-raw
50 (6 inch) flour tortillas
1 ¼ cups scallions or red onions, chopped
1 ¼ cups lime juice, divided
¾ cup vegetable oil
1 ¼ cups cilantro, chopped
Ground black pepper to taste

Directions

1. Preheat oven to 350°F.
2. Place tilapia fillets in a shallow pan. Season with ground black pepper. Cover fillets evenly with vegetable oil, ½ cup lime juice, onion/scallions and cilantro. Cover, refrigerate and marinate for about ½ hour.
3. Place marinated tilapia fillets & leftover marinade on a baking sheet. Bake 20-25 minutes, or until fish is firm and flakes easily with a fork. Remove from heat and transfer fish to bowl. Break up tilapia fillets into large chunks. Stir in remaining lime juice to coat.
4. While fish is cooking, wrap two stacks of 25 tortillas (each) tightly with aluminum foil, and place them in the oven for about 15 minutes, or until they are warm. Keep them wrapped in foil until ready to serve.
5. Serve fish and tortillas separately on plate, or serve fish inside tortillas. Serve with Cabbage-Carrot Slaw, using the Cabbage-Carrot Slaw (DFTA #52) recipe.

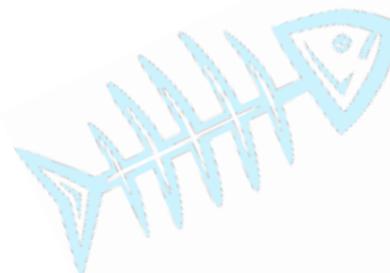
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	271	Calories from Fat	106
% Daily Value			
Total Fat	12 g		19%
Saturated Fat	2 g		7%
Trans Fat	0 g		
Cholesterol	49 mg		16%
Sodium	370 mg		23%
Total Carbohydrate	20 g		15%
Dietary Fiber	12 g		44%
Sugars	0 g		
Protein	30 g		
Vitamin A	12%	Calcium	1%
Vitamin C	5%	Iron	30%

Recommendations & Requirements

Note: This recipe may count towards the entrée and grain (2 servings) components of the menu and is a good source of protein and high source of fiber.



Mango-licious Tilapia (#49)

Yield: 25 servings
Serving size: Approximately 3 oz fish

Ingredients

6.75 lbs tilapia fillets-raw
6 avocados, peeled, pitted and diced
1 jalapeno pepper, seeded and chopped
6 mangos, peeled, pitted and diced
2 lbs red onions, chopped
3 lb tomatoes, fresh, seeded and chopped
6 limes, zested and juiced
2 cups orange juice
3 Tbsp orange zest
¼ cup vegetable oil
1 ½ cups cilantro, fresh, chopped
1 tsp ginger root, fresh, minced
1 tsp crushed red pepper

Nutrition Facts

Serving Size: 1 serving

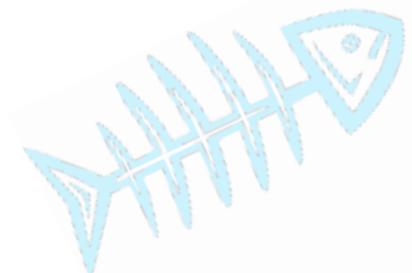
Amount Per Serving			
Calories	248	Calories from Fat 88	
			% Daily Value
Total Fat	10 g		16%
Saturated Fat	2 g		9%
Trans Fat	0 g		
Cholesterol	49 mg		16%
Sodium	58 mg		4%
Total Carbohydrate	19 g		15%
Dietary Fiber	5 g		16%
Sugars	12 g		
Protein	24 g		
Vitamin A	134%	Calcium	4%
Vitamin C	51%	Iron	15%

Directions

1. Preheat oven to 375°F.
2. Rinse the tilapia fillets and pat them dry.
3. In a shallow baking dish, combine the vegetable oil, orange juice, orange zest, and crushed red pepper.
4. Place the tilapia onto the baking dish and turn to coat with orange/olive oil mixture.
5. Bake for 10-12 minutes or until tilapia flakes easily with a fork.
6. While fish cooks, combine the mango, red onion, avocado, tomatoes, limes, jalapeno, ginger root and cilantro.
7. Set aside until fish has finished cooking.
8. Place tilapia fillets on a platter and spoon the salsa over them to serve.

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein and a high source of fiber.



Lemon Pepper Fish (#50)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs tilapia fillets-raw
¼ cup lemon juice
0.5 lb trans fat free margarine
1 tsp ground black pepper
4 garlic gloves, minced

Directions

1. Preheat oven to 375°F.
2. Melt margarine and mix with lemon juice, ground black pepper, and garlic. Sprinkle over tilapia fillets.
3. Bake for 10-12 minutes or until tilapia flakes easily with a fork.

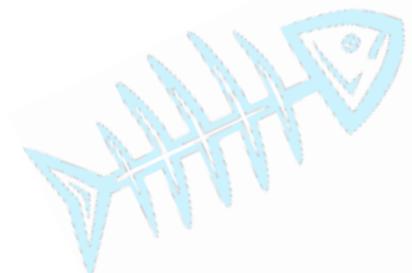
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	156	Calories from Fat	69
% Daily Value			
Total Fat	8 g		12%
Saturated Fat	2 g		8%
Trans Fat	0 g		
Cholesterol	49 mg		26%
Sodium	102 mg		6%
Total Carbohydrate	0 g		0%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein	22 g		
Vitamin A	0%	Calcium	1%
Vitamin C	1%	Iron	7%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Baked Fish Amandine (#53)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs tilapia fillets-raw
1.5 lb onions, chopped
1½ cup parmesan cheese, grated
6 Tbsp butter, unsalted
½ cup lemon juice
1½ cup mayonnaise, low fat
1 Tbsp ground black pepper
1 Tbsp dill
1½ Tbsp parsley
1 cup sliced or chopped almonds, unsalted

Directions

1. Preheat oven to 400°F.
2. Melt butter and spread in bottom of a pan. Cover the bottom of the pan with chopped onion.
3. Arrange the tilapia fillets over the onion; sprinkle with dill and pepper.
4. Combine the parmesan cheese, mayonnaise, parsley and lemon juice; spread over the fish.
5. Bake in oven for about 20 minutes or until fish flakes easily with a fork; sprinkle with almonds.

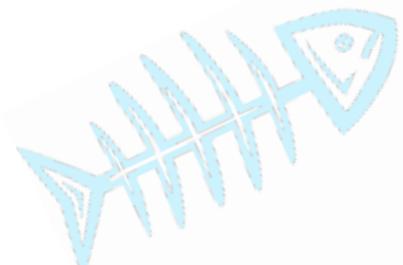
Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	236	Calories from Fat	120
			% Daily Value
Total Fat	13 g		21%
Saturated Fat	4 g		20%
Trans Fat	0 g		
Cholesterol	65 mg		22%
Sodium	220 mg		14%
Total Carbohydrate	5 g		4%
Dietary Fiber	1 g		3%
Sugars	2 g		
Protein	25 g		
Vitamin A	20%	Calcium	7%
Vitamin C	4%	Iron	12%



Baked Tilapia (#54)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs tilapia fillets-raw
0.5 lb onions, chopped
8 Tbsp butter, unsalted
½ cup chicken broth, low sodium
½ cup lemon juice
13 oz canned crushed tomatoes, low sodium
2 cups canned tomato sauce, low sodium
13 oz canned whole tomatoes, low sodium
1 Tbsp basil
1 Tbsp ground black pepper
2 Tbsp garlic powder
1 Tbsp oregano, dried
6 lemons, sliced (garnish)

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	168	Calories from Fat	54
% Daily Value			
Total Fat	6 g		10%
Saturated Fat	3 g		15%
Trans Fat	0 g		
Cholesterol	58 mg		19%
Sodium	95 mg		6%
Total Carbohydrate	6 g		5%
Dietary Fiber	2 g		6%
Sugars	3 g		
Protein	23 g		
Vitamin A	31%	Calcium	3%
Vitamin C	8%	Iron	15%

Directions

1. Preheat oven to 375°F.
2. Place tilapia on baking sheet and dot with 1 tsp of butter on each piece.
3. Combine tomato sauce, crushed tomatoes, plum tomato, lemon juice, chicken broth, garlic, onion, oregano, basil and ground black pepper in a stock pot. Stir and cook on a low flame until flavors are well blended.
4. Bake tilapia for 25-30 minutes or until tilapia flakes easily with a fork. Top with tomato sauce and lemon slice.

Recommendations & Requirements

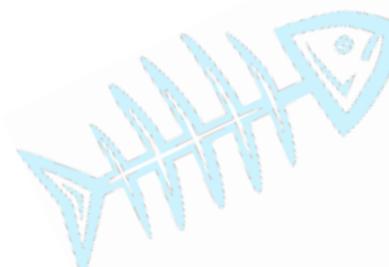
Recommendations

- 🍏 This recipe uses canned tomato products that contain 12-290 mg of sodium per serving. Using canned tomato products that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍏 Canned tomato products should contain \leq 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Breaded Fish Fillet (#55)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs tilapia fillets-raw
1 cup breadcrumbs, plain
0.25 lb all purpose flour
1 cup cornmeal
12 egg whites
Nonstick cooking spray
1 Tbsp basil
1 Tbsp ground black pepper

Directions

1. Preheat oven to 450°F.
2. Stir the all purpose flour and ground black pepper together in a shallow dish and set aside.
3. In a bowl, beat the egg whites until white and frothy. In another bowl, combine bread crumbs with cornmeal and basil.
4. Rinse fish under cool water, and pat dry with paper towels.
5. To bread the fillets, dip first into flour, shaking off any excess, then into egg whites, then into bread crumb mixture.
6. Spray a shallow baking pan with nonstick cooking spray. Lay the fillets flat in the pan.
7. Bake in the oven for 10 to 15 minutes or until fish flakes easily with a fork.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	203	Calories from Fat	28
% Daily Value			
Total Fat	3 g		5%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	49 mg		16%
Sodium	144 mg		9%
Total Carbohydrate	17 g		13%
Dietary Fiber	1 g		5%
Sugars	1 g		
Protein	26 g		
Vitamin A	2%	Calcium	3%
Vitamin C	0%	Iron	21%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Lemon Garlic Tilapia (#56)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs tilapia fillets-raw
6 Tbsp butter, unsalted
1 cup lemon juice
Nonstick cooking spray
1 tsp ground black pepper
6 garlic cloves, minced
1 Tbsp parsley, dried

Directions

1. Preheat oven to 375°F.
2. Spray a baking pan with nonstick cooking spray.
3. Rinse tilapia under cool water and pat dry with paper towels.
4. Place tilapia in baking pan. Pour lemon juice over fillets, and then drizzle butter on top. Sprinkle with garlic, parsley and ground black pepper.
5. Bake for about 30 minutes or until fish flakes easily with a fork.

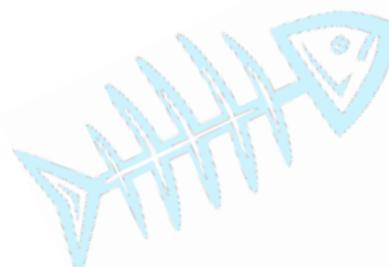
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	137	Calories from Fat	45
% Daily Value			
Total Fat	5 g		8%
Saturated Fat	3 g		12%
Trans Fat	0 g		
Cholesterol	56 mg		19%
Sodium	48 mg		3%
Total Carbohydrate	1 g		1%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein	22 g		
Vitamin A	10%	Calcium	1%
Vitamin C	4%	Iron	8%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Parmesan Baked Fish (#58)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs tilapia fillets-raw
1 cup breadcrumbs, plain
 $\frac{3}{4}$ cup all purpose flour
1 dozen eggs
1 $\frac{1}{4}$ cup parmesan cheese, grated
Nonstick cooking spray
1 Tbsp basil
1 Tbsp ground black pepper
2 Tbsp parsley

Directions

1. Preheat oven to 450°F. Stir all purpose flour and ground black pepper together in a shallow dish and set aside.
2. In a bowl, beat eggs well. In another bowl, combine breadcrumbs with basil, parsley and parmesan cheese.
3. Rinse the tilapia fillets under cool water and pat dry with paper towels.
4. To bread the fillets, dip first into flour, shaking off any excess, then into eggs, then into bread crumbs and parmesan cheese mixture.
5. Spray a baking pan with nonstick cooking spray. Lay the fillets flat in the pan.
6. Bake for 10 to 15 minutes or until fish flakes easily with a fork.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		192	Calories from Fat 54
		% Daily Value	
Total Fat	6 g		9%
Saturated Fat	2 g		11%
Trans Fat	0 g		
Cholesterol	141 mg		47%
Sodium	175 mg		11%
Total Carbohydrate	7 g		5%
Dietary Fiber	0 g		1%
Sugars	0 g		
Protein	28 g		
Vitamin A	22%	Calcium	7%
Vitamin C	0%	Iron	18%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Salmon Cakes (#59)

Yield: 25 servings
Serving size: Approximately 5 oz

Ingredients

2 – 64 oz canned salmon, drained, low sodium
4 oz whole wheat bread
6 eggs
6.25 lbs onions, chopped
Nonstick cooking spray
1/3 cup vegetable oil
¾ cup all purpose flour
1 tsp ground black pepper

Directions

1. Preheat oven to 375°F.
2. Coat baking sheet with nonstick cooking spray.
3. Trim crust from bread. Tear bread into pieces and process in a food processor until coarse crumbs are formed.
4. Heat vegetable oil in a baking pan; add onions and cook, stirring until softened, about 3 minutes.
5. Place salmon in a large bowl. Flake apart with a fork; remove any bones and skin. Add bread crumbs, onion, all purpose flour, eggs, and ground black pepper.
6. Shape mixture into patties, about 2 ½ inches wide. Place patties on baking sheet and bake for 10 minutes or until golden brown on top.
7. Flip patties and continue baking until golden brown on each side and cooked thoroughly.

Nutrition Facts

Serving Size: 1 serving

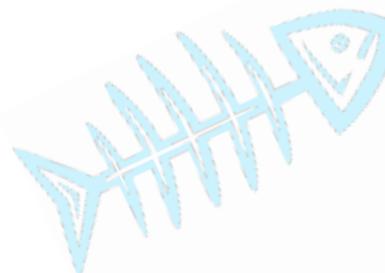
Amount Per Serving			
Calories	284	Calories from Fat	115
			% Daily Value
Total Fat	13 g		20%
Saturated Fat	3 g		13%
Trans Fat	0 g		
Cholesterol	93 mg		31%
Sodium	134 mg		8%
Total Carbohydrate	16 g		12%
Dietary Fiber	3 g		8%
Sugars	5 g		
Protein	26 g		
Vitamin A	29%	Calcium	25%
Vitamin C	9%	Iron	24%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses canned salmon that contains 43 mg of sodium per serving. Using canned salmon that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein, fiber, and omega-3 fatty acids.



Baked Cod w/ Marinade (#61)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs cod fillets-raw
¾ cup lemon juice
¼ cup vegetable oil
½ tsp ground black pepper
1 tsp dill, dried
1 tsp garlic powder
1 tsp paprika

Directions

1. Preheat oven to 350°F.
2. Combine ingredients and toss fillets in marinade.
3. Cook for 10 minutes and serve immediately.

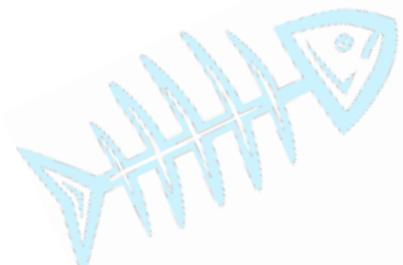
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	111	Calories from Fat	26
			% Daily Value
Total Fat	3 g		5%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	47 mg		16%
Sodium	67 mg		4%
Total Carbohydrate	0 g		1%
Dietary Fiber	1 g		0%
Sugars	0 g		
Protein	20 g		
Vitamin A	9%	Calcium	1%
Vitamin C	4%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Tuna Fish Salad (#65)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

7 – 12 oz canned tuna fish, low sodium
3 celery stalks, chopped
2 lbs onions, chopped
2 cups mayonnaise, low fat
1 Tbsp lemon juice
1 tsp paprika
1 tsp parsley

Directions

1. Drain tuna fish and discard liquid.
2. In large mixing bowl, combine tuna fish with onion, celery, and lemon juice and mix lightly.
3. Add mayonnaise and blend to moisten mixture.
4. Top with paprika and parsley as a garnish.
5. If desired, serve with lettuce and tomato.

Nutrition Facts

Serving Size: 1 serving

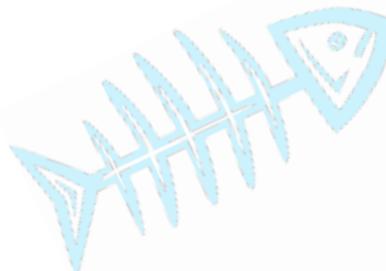
Amount Per Serving		
Calories	134	Calories from Fat 18
% Daily Value		
Total Fat	2 g	3%
Saturated Fat	0 g	1%
Trans Fat	0 g	
Cholesterol	26 mg	9%
Sodium	214 mg	14%
Total Carbohydrate	6 g	5%
Dietary Fiber	1 g	3%
Sugars	2 g	
Protein	22 g	
Vitamin A	13%	Calcium 2%
Vitamin C	4%	Iron 17%

Recommendations & Requirements

Recommendations

-  This recipe uses canned tuna fish that contains 28 mg of sodium per serving. Using canned tuna fish that contains higher amounts of sodium may change the nutrient content, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein and omega-3 fatty acids.



Stewed Codfish (#77)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs cod fillets-raw
2 lbs onion, chopped
2 lbs red bell pepper, chopped
1.5 lbs tomato, fresh, chopped
1 ½ cups canned tomato paste, low sodium
1 cup vegetable oil
6 cups water

Directions

1. Rinse cod fillets and pat dry with paper towel.
2. Boil the codfish for 5-10 minutes to remove salt, and then remove from stove.
3. Drain the water and place fillets in a bowl with sufficient cold water and refrigerate. Set aside.
4. Sautee the chopped onions, peppers, and tomatoes in vegetable oil.
5. Add remaining water and tomato paste, and stir until mixed.
6. Once the tomato paste has dissolved, add the fillets, and boil for 2-3 minutes, until flavors mix.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		209	
Calories from Fat		87	
		% Daily Value	
Total Fat	10 g		15%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	47 mg		16%
Sodium	88 mg		6%
Total Carbohydrate	10 g		7%
Dietary Fiber	2 g		8%
Sugars	6 g		
Protein	21 g		
Vitamin A	182%	Calcium	3%
Vitamin C	63%	Iron	15%

Recommendations & Requirements

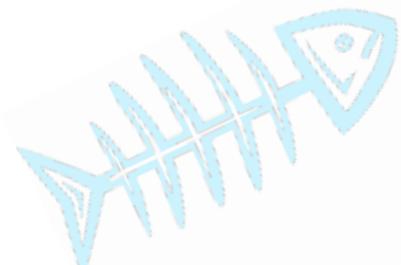
Recommendations

- 🍎 This recipe uses canned tomato paste that contains 16 mg sodium per serving. Using canned tomato paste that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato paste should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Salmon in Garlic Butter Sauce (#79)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs salmon fillets-raw
4.5 oz trans fat free margarine
 $\frac{3}{4}$ cup sofrito mix (DFTA #40)
1 $\frac{1}{2}$ garlic cloves, minced

Directions

1. Preheat oven to 350°F.
2. Season salmon fillets with sofrito mixture and garlic.
3. Grease pans with margarine and bake for approximately 30 minutes.

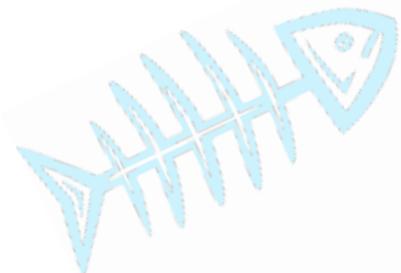
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		161	Calories from Fat 70
		% Daily Value	
Total Fat	8 g		12%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	47 mg		16%
Sodium	107 mg		7%
Total Carbohydrate	1 g		1%
Dietary Fiber	1 g		0%
Sugars	0 g		
Protein	21 g		
Vitamin A	14%	Calcium	1%
Vitamin C	4%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein and omega-3 fatty acids.



Stewed Codfish w/ Eggplant (#97)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs cod fillets-raw
2 lbs eggplant
½ cup vegetable oil
5 tsp distilled vinegar
½ cup sofrito mix- DFTA #40
½ tsp ground oregano
1 tsp paprika

Directions

1. Purchase cod fillets without salt. Boil fillets until cooked.
2. Heat sofrito mix over medium high heat.
3. Add fillets and cook for 45-60 minutes. Then add eggplant and remaining ingredients and cook for 45 minutes more.

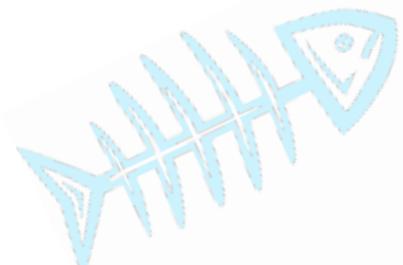
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	140	Calories from Fat	46
% Daily Value			
Total Fat	5 g		8%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	47 mg		16%
Sodium	67 mg		4%
Total Carbohydrate	3 g		2%
Dietary Fiber	1 g		3%
Sugars	1 g		
Protein	20 g		
Vitamin A	12%	Calcium	1%
Vitamin C	3%	Iron	7%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Codfish Salad (#102)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

6.75 lbs cod fish fillets-raw
1 lb lettuce
¼ cup onion, chopped
1 cup green pepper, chopped
1 cup red pepper, chopped
1 ½ cups canned diced tomatoes, low sodium
1 Tbsp vegetable oil

Directions

1. Boil unsalted cod fish.
2. Drain cod fish; mix with chopped onions, peppers, diced tomatoes, lettuce and vegetable oil.
3. Chill for 1 hour then serve.
4. If desired, serve with lettuce and tomato.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving		
Calories	103	Calories from Fat 12
		% Daily Value
Total Fat	1 g	2%
Saturated Fat	1 g	1%
Trans Fat	0 g	
Cholesterol	47 mg	16%
Sodium	75 mg	3%
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	3%
Sugars	1 g	
Protein	20 g	
Vitamin A	8%	Calcium 2%
Vitamin C	25%	Iron 3%

Recommendations & Requirements

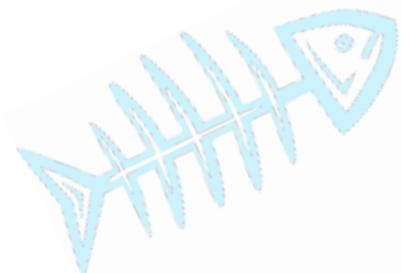
Recommendations

- 🍅 This recipe uses canned diced tomatoes that contain 50 mg of sodium per serving. Using canned diced tomatoes that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍅 Canned diced tomatoes should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Breaded Pollock (#124)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs Pollock fillets-raw
8 egg whites
1 1/3 cup bread crumbs, plain

Directions

1. Preheat oven to 400°F.
2. Dredge Pollock fillets in mixture of eggs, then in bread crumbs.
3. Bake fish approximately 15-20 minutes or until fish flakes easily with a fork.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	122	Calories from Fat	12
% Daily Value			
Total Fat	1 g		2%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	73 mg		24%
Sodium	147 mg		9%
Total Carbohydrate	4 g		3%
Dietary Fiber	1 g		1%
Sugars	1 g		
Protein	22 g		
Vitamin A	5%	Calcium	6%
Vitamin C	0%	Iron	9%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.

Baked Tilapia (#128)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs tilapia fillets-raw
2 cups onion, chopped
2 Tbsp canned whole tomatoes, low sodium
1 tsp trans fat free margarine
2 Tbsp garlic powder
2 Tbsp onion powder
2 Tbsp oregano

Directions

1. Preheat oven to 350°F.
2. In a large mixing bowl combine seasonings and canned tomatoes.
3. Melt margarine and add to mixture.
4. Pour sauce over fish and bake for 20-25 minutes or until fish flakes easily with a fork.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	122	Calories from Fat	21
			% Daily Value
Total Fat	2 g		4%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	49 mg		16%
Sodium	50 mg		3%
Total Carbohydrate	3 g		2%
Dietary Fiber	1 g		3%
Sugars	1 g		
Protein	22 g		
Vitamin A	2%	Calcium	3%
Vitamin C	1%	Iron	14%

Recommendations & Requirements

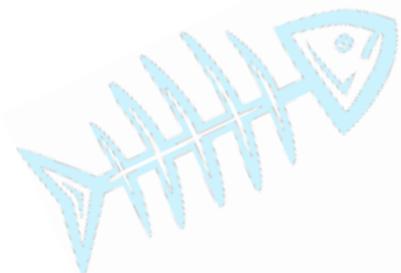
Recommendations

- 🍎 This recipe uses canned whole tomatoes that contain 12 mg of sodium per serving. Using canned whole tomatoes that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned whole tomatoes should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Salmon Stew (#194)

Yield: 25 servings
Serving size: Approximately 5 oz

Ingredients

2 – 64 oz canned salmon, drained, low sodium
0.75 lb celery, chopped
1 red onion, chopped
1.5 lbs potatoes, cubed
3 cups canned stewed tomatoes, low sodium
1 ½ cups canned tomato sauce, low sodium
¾ cup vegetable oil
1 tsp bay leaf
2 ½ Tbsp sofrito (DFTA #40)
1 ¼ cups water

Directions

1. In a large pot add all ingredients, except the salmon.
2. Cook for 30 minutes.
3. Add salmon and cook for an additional 2 ½ hours.
4. Lower heat and simmer until ready to serve. Remove bay leaf before serving.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	266	Calories from Fat	131
			% Daily Value
Total Fat	15 g		23%
Saturated Fat	3 g		12%
Trans Fat	0 g		
Cholesterol	48 mg		16%
Sodium	106 mg		7%
Total Carbohydrate	10 g		7%
Dietary Fiber	2 g		6%
Sugars	3 g		
Protein	23 g		
Vitamin A	44%	Calcium	23%
Vitamin C	7%	Iron	18%

Recommendations & Requirements

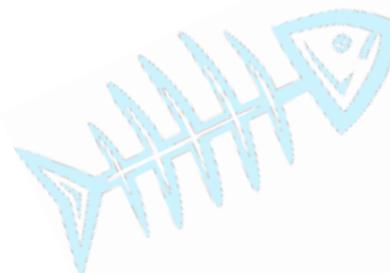
Recommendations

- 🍎 This recipe uses canned tomato products that range from 20-182 mg of sodium per serving. Using canned tomato products that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato products should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein and omega-3 fatty acids.



Stuffed Flounder (#237)

Yield: 25 servings
Serving size: Approximately 5 oz

Ingredients

6.75 lbs flounder fillets- raw
25 slices whole wheat bread
12 eggs
2 cups onion, chopped
2 cups bell pepper (green), chopped
2 ½ cups zucchinis, chopped
4 oz trans fat free margarine
4 tsp garlic powder

Directions

1. Preheat oven to 350°F.
2. Wash and chop onions, pepper, and zucchini into bite size pieces.
3. Sautee vegetables in margarine with garlic, until soft.
4. Place mixture in a separate bowl.
5. Cut bread into small pieces and toss into vegetable mixture.
6. Add eggs into vegetable mixture
7. Spread stuffing onto each fillet. Roll fish fillet around stuffing and secure with a tooth pick.
8. Place in prepared baking dish, seam side down.
9. Bake for about 30 minutes. Garnish with lemon wedges if desired.

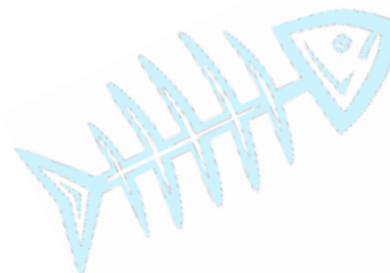
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		230	
Calories from Fat		66	
		% Daily Value	
Total Fat	7 g		12%
Saturated Fat	2 g		8%
Trans Fat	0 g		
Cholesterol	147 mg		49%
Sodium	270 mg		17%
Total Carbohydrate	13 g		10%
Dietary Fiber	2 g		8%
Sugars	3 g		
Protein	27 g		
Vitamin A	22%	Calcium	5%
Vitamin C	14%	Iron	18%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Salmon Burger (#239)

Yield: 25 servings
Serving size: 1 burger, approximately 4 oz

Ingredients

6.75 lbs salmon fillets- raw
2 ½ cups bread crumbs, plain
5 eggs
5 cups onion, chopped
5 Tbsp vinegar or lemon juice

Directions

1. Preheat oven to 375°F.
2. Mix all ingredients together and form burgers, approximately 5 oz each.
3. Bake for 2-3 minutes on each side.
4. If desired, serve with lettuce and tomato on a whole wheat bun.

Nutrition Facts

Serving Size: 1 serving

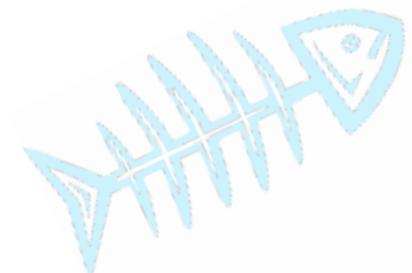
Amount Per Serving			
Calories	201	Calories from Fat	54
			% Daily Value
Total Fat	6 g		10%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	84 mg		28%
Sodium	171 g		11%
Total Carbohydrate	11 g		9%
Dietary Fiber	1 g		4%
Sugars	2 g		
Protein	24 g		
Vitamin A	18%	Calcium	3%
Vitamin C	4%	Iron	14%

Recommendations & Requirements

Recommendations

- 🍎 For 2 servings of gains, serve with a whole wheat bun.
- 🍎 To increase fiber content, use a whole wheat bun.
- 🍎 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Note: This recipe may count towards the entire component of the menu and is a good source of protein and omega-3 fatty acids.



Baked Tilapia w/ Mushrooms, Peppers & Tomatoes (#255)

Yield: 25 servings

Serving size: Approximately 3 oz fish and ½ cup vegetables

Ingredients

6.75 lbs tilapia fillets-raw
 5 cups bell peppers, (red & green), diced
 2 cups onions, chopped
 3 cups white mushrooms, sliced
 3 cups tomatoes, chopped
 18 garlic cloves
 Nonstick cooking spray
 6 Tbsp balsamic vinegar
 6 Tbsp tarragon, fresh
 Ground black pepper to taste

Directions

1. Preheat oven to 350°F.
2. Place fillets in an oven-proof baking dish.
3. Sprinkle with Ground Black Pepper and set aside.
4. Char the bell peppers using either a gas range burner or the broiler. Quickly place in a paper bag to steam.
5. Remove the skin and seeds. Chop.
6. Coat a nonstick skillet with cooking spray.
7. Sauté the onions and garlic until the onions are wilted.
8. Add the peppers, mushrooms, and tomatoes and cook stirring over high heat (3 minutes).
9. Stir in the tarragon and vinegar.
10. Spoon the vegetables over the fish fillets and bake (about 15-18 minutes) until the fish is just opaque. Serve immediately.

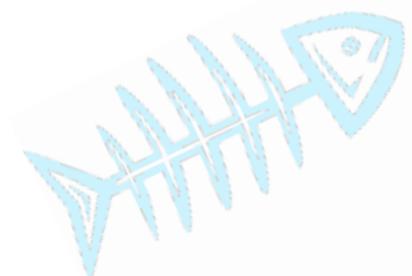
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	142	Calories from Fat	23
			% Daily Value
Total Fat	3 g		4%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	49 mg		16%
Sodium	52 mg		3%
Total Carbohydrate	7 g		5%
Dietary Fiber	1 g		5%
Sugars	3 g		
Protein	24 g		
Vitamin A	74%	Calcium	3%
Vitamin C	43%	Iron	15%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Broiled Tilapia Parmesan (#261)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs tilapia-fillets, raw
1 cup parmesan cheese
3 tsp trans fat free margarine
½ cup mayonnaise, light
1/3 cup lemon juice
1 ½ tsp ground black pepper
1 ½ tsp celery seeds
1 ½ tsp dill
1 ½ tsp onion powder

Directions

1. Preheat the broiler.
2. Grease broiling pan or line with aluminum foil.
3. In a small bowl, mix together the parmesan cheese, butter, mayonnaise, and lemon juice. Season with dried dill, ground black pepper, onion powder, and celery seeds and set aside.
4. Arrange the fillets in a single layer in the prepared pan. Broil a few inches under the heat for 2-3 minutes. Flip the filets over and broil for a couple of more minutes.
5. Remove the filets from the oven, and cover the top side with the parmesan cheese mixture.
6. Broil for 2 more minutes or until the topping is browned and the fish flakes easily with a fork.

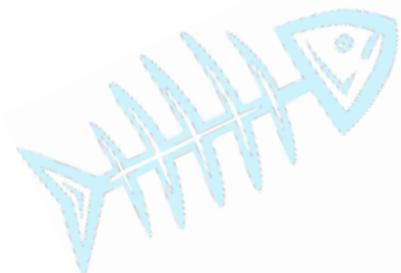
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	143	Calories from Fat	46
			% Daily Value
Total Fat	5 g		8%
Saturated Fat	2 g		8%
Trans Fat	0 g		
Cholesterol	53 mg		18%
Sodium	132 mg		8%
Total Carbohydrate	1 g		1%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein	24 g		
Vitamin A	5%	Calcium	4%
Vitamin C	1%	Iron	9%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Baked White Fish in a Garlic Crumb Crust (#262)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.75 lbs tilapia-fillets, raw
1 lb breadcrumbs, plain
 $\frac{3}{4}$ cup parmesan cheese
 $\frac{1}{4}$ cup butter, unsalted
2 Tbsp vegetable oil
2 garlic cloves, minced
 $\frac{1}{4}$ cup parsley, chopped

Directions

1. Preheat oven to 325°F.
2. In a shallow dish combine breadcrumbs, parsley, garlic and cheese.
3. Rinse fillets and pat dry.
4. Rub with butter and oil mixture. Dredge in bread crumb mixture and bake about 15-20 minutes.

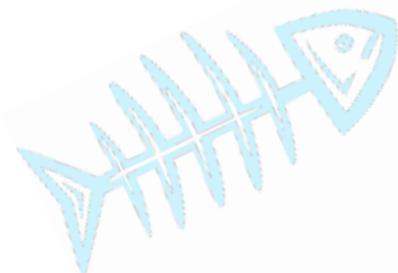
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	217	Calories from Fat	62
			% Daily Value
Total Fat	7 g		11%
Saturated Fat	3 g		13%
Trans Fat	0 g		
Cholesterol	56 mg		18%
Sodium	218 mg		14%
Total Carbohydrate	13 g		10%
Dietary Fiber	1 g		3%
Sugars	1 g		
Protein	26 g		
Vitamin A	14%	Calcium	6%
Vitamin C	1%	Iron	19%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Spinach-Fish Filled Rolls (#265)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

6.75 lbs flounder-fillets, raw
½ cup croutons, crushed
6.5 lbs baby spinach leaves
1 cup mayonnaise, light
1 Tbsp Dijon mustard
Nonstick cooking spray
1 ½ tsp garlic powder

Directions

1. Preheat oven to 400°F.
2. Spray baking dish with nonstick cooking spray.
3. Place spinach on fish and sprinkle with garlic powder.
4. Roll up each fillet beginning at the narrow end. Place rolls with point underneath in baking dish.
5. In a separate bowl mix mayonnaise and mustard together and spoon onto each roll.
6. Sprinkle with crushed croutons.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	158	Calories from Fat	46
			% Daily Value
Total Fat	5 g		8%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	61 mg		20%
Sodium	242 mg		15%
Total Carbohydrate	5 g		4%
Dietary Fiber	1 g		2%
Sugars	0 g		
Protein	22 g		
Vitamin A	206%	Calcium	4%
Vitamin C	9%	Iron	15%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein and fiber.

