



## Baked Caribbean Lime Fish Sticks

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"> <li>Mix seasoning and panko or bread crumbs in a large bowl.</li> <li>Place yogurt in a separate large bowl.</li> <li>Setup up breading station with both bowls and a parchment lined sheet pan. Spray parchment with pan spray to keep fish from sticking.</li> <li>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.</li> <li>CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher.</li> <li>Best results with batch cooking. Product will become soggy if held too long.</li> </ol>		
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.				
<b>Serving:</b>	<b>Yield:</b>				
Provides 2 oz. equivalent meat/meat alternate	50 servings:				
<b>Nutrients Per Serving</b>					
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