

Recipe Name: Baked Fish with Cilantro Lime

Recipe Category: Dinner Entrée

Portion Size: 4 oz.

Ingredients: Yields: 8 servings

Ingredients	Notes:
8 Codfish or haddock fillets	4 oz. each or other white fish
½ teaspoon salt	
¼ teaspoon pepper and paprika	
½ cup snipped fresh cilantro	
1 tablespoon olive oil	
1 teaspoon lime zest	
2 tablespoon fresh lime juice	

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Preheat oven to 375 degrees	
2	Spray baking pan with non stick cooking spray	
3	Place fish in pan. Brush with olive oil.	
4	Sprinkle with salt, pepper, and paprika	Bake 8 to 10 minutes
5	Transfer to preheated broiler	Broil for 3 minutes until lemon slightly browned at the edges. Cook until internal temperature reaches 145° F for 15 seconds
6	In a small bowl, stir together cilantro, lime zest, and lime juice. Spoon over fish. Serve hot.	

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41° F or colder or using time alone (less than four hours). Always wash hands and wash and sanitize counter tops utensils and containers between steps when working with raw seafood.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size prior to mixing. Moisten with tartar sauce as needed.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size prior to mixing. Moisten with tartar sauce as needed.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with tartar sauce as needed. **Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add tartar sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Serve ½ c. puree fish serving.

Therapeutic Modified Diets:

Lowfat: No changes needed

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: omit pepper, paprika, cilantro, lime and lime zest

Liberal House Renal: Omit salt and lime

No Added Salt: No changes needed

2 Gram Sodium: omit salt

Gluten Free: No changes needed. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
			X			

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free