



## Baked Tilapia Fish Fillets

These made-from-scratch fish fillets are a quick way to vary the protein foods on your menu.

**AGES:** 3–5 years

**PREP TIME:** 30 minutes

**COOK TIME:** 15 minutes

### CACFP CREDITING INFORMATION

1 ½ oz eq meat

### SOURCE

Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> <li>1 Wash hands with soap and water for at least 20 seconds.</li> </ol>
					<ol style="list-style-type: none"> <li>2 Preheat oven to 400 °F.</li> </ol>
Nonstick cooking spray		2 sprays		4 sprays	<ol style="list-style-type: none"> <li>3 Line steam table pan (12" x 20" x 2½") with parchment paper. Place a baking rack on top of steam table pan. Spray rack with nonstick cooking spray. Set aside. <b>For 25 servings,</b> use 1 pan. <b>For 50 servings,</b> use 2 pans.</li> </ol>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tilapia fish fillets, fresh or frozen, thawed (each piece should be about 2¼ oz)	3 lb 8¼ oz	25	7 lb 1 oz	50	
Breadcrumbs, whole-wheat, seasoned	3.2 oz	1 cup	6.4 oz	2 cups	<b>4</b> In a small bowl, combine breadcrumbs and Herbs de Provence. Mix.
Herbs de Provence seasoning blend, dried (see notes)		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	
Mayonnaise, reduced-fat		¼ cup		½ cup	<b>5</b> Lightly coat each piece of fish with mayonnaise. Top coated fish with the seasoned breadcrumb mixture.
					<b>6</b> Place coated fish on prepared baking rack. Bake for 15 minutes. Wash hands after touching uncooked fish. Heat fish to an internal temperature of 145 °F or higher for at least 15 seconds or until flesh is opaque and separates easily with a fork. Remove from the oven.
					<b>7</b> Serve 1 fillet. Serve immediately, or keep warm at 140 °F or higher.

**NUTRITION INFORMATION**

1 Baked Tilapia Fish Fillet

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>76</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	26 mg
<b>Sodium</b>	<b>104 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	0 g
Total Sugars	0 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>12 g</b>
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Vitamin D	N/A
Calcium	13 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

**NOTES**

- **Contains fish (tilapia), eggs (mayonnaise), and wheat (breadcrumbs).** Breadcrumbs can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (breadcrumbs) and may be included in the ingredients statements as “spice” or “flavoring.”
- Can use pollock, catfish, grouper, haddock, cod, halibut, rockfish, sole, or bass instead of tilapia.
- Can substitute Italian seasoning (dried) for Herbs de Provence.
- **Choking Risk:** Fish with bones can be a choking risk for children under the age of four. Remove all bones from fish before cooking or serving.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
Weight: 3 lb 7 oz Yield: 25 fillets	Weight: 6 lb 14 oz Yield: 50 fillets