



Baked Cod Olé

Seafood is popular in Barbados, the Dominican Republic, Puerto Rico, and other parts of the Caribbean. Each island has its own specialty dish, and many include baked fish. Cod is a popular choice due to its versatility. It can be baked, poached, or grilled.

CACFP CREDITING INFORMATION

One fish fillet topped with 1/4 cup (No. 12 scoop) salsa provides 1 1/2 oz equivalent meat and 1/4 cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Preheat oven to 400 °F.
*Lime juice, fresh squeezed, seeds removed; OR lime juice, bottled		3/4 cup		1 1/2 cup	2 To make dressing: In a small bowl, whisk together lime juice, olive oil, black pepper, and salt. For 25 servings, about 9 limes. For 50 servings, about 18 limes.
Olive oil		2 tsp		1 Tbsp 1 tsp	
Black pepper, ground		1 tsp		2 tsp	
Salt, table		1 tsp		2 tsp	
*Tomatoes, fresh, 1/4" diced	1 lb 14 oz	1 qt 1 1/4 cup	3 lb 12 oz	2 qt 2 1/2 cup	3 To make salsa: In a large bowl, combine tomatoes, onions, and cilantro. Add dressing and toss. Hold at 40 °F or lower.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Onions, fresh, peeled, ¼" diced	1 lb 7 oz	1 qt 1¼ cup	2 lb 14 oz	2 qt 2½ cup	
*Cilantro, fresh, chopped	2 oz	½ cup	4 oz	1 cup	
Nonstick cooking spray		1 spray		2 sprays	<p>4 Coat sheet pan (18" x 26" x 1") with nonstick cooking spray. Place fish portions on sheet pan with about 1" of space between each piece.</p> <p>For 25 servings, use 1 sheet pan. For 50 servings, use 2 sheet pans.</p>
Cod fish fillets, fresh or frozen (each piece should be about 2¼ oz)	3 lb 8¼ oz	25 pieces	7 lb ½ oz	50 pieces	<p>5 Top each piece of fish with ⅓ cup (No. 12 scoop) of salsa.</p>
					<p>6 Roast for 12–15 minutes. When done, fish will flake easily with a fork.</p> <p>Critical Control Point: Heat to 155 °F or higher for at least 15 seconds.</p>
					<p>7 Serve 1 fillet topped with ⅓ cup (No. 12 scoop) salsa.</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>



NUTRITION INFORMATION

For 1 fish fillet topped with 1/3 cup (No. 12 scoop) of salsa.

NUTRIENTS	AMOUNT
Calories	68
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Total Fat	1 g
Saturated Fat	0 g
Cholesterol	25 mg
Sodium	132 mg
Total Carbohydrate	4 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	11 g
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Vitamin D	N/A
Calcium	44 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Tomatoes	2 lb 3 oz	4 lb 5 oz
Mature onions	1 lb 11 oz	3 lb 5 oz
Cilantro	3 oz	5 oz
Lime	9 limes	18 limes

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Variations

Tilapia, halibut, or other white fish can be substituted for cod.

YIELD/VOLUME

25 Servings	50 Servings
4 lb 11 oz	9 lb 6 oz
25 fish fillets topped with salsa	50 fish fillets topped with salsa

