

BAKED FISH

Serving Size: 3 oz. cooked

Protein: 3 oz.

Ingredients:

	1 portion	2 portions	4 portions
Fish Fillets	4 oz.	8 oz.	16 oz.
Tartar Sauce	1 ½ Tbsp.	3 Tbsp.	6 Tbsp.
Lemon OK for all			

Directions:

1. Prepare fish per recipe until done.
2. For Dysphagia Mechanical, flake fish or chop fine and add sauce to make a moist cohesive bolus. For Dysphagia Pureed, process fish and sauce to a smooth pudding consistency. Garnish both textures with sauce and lemon to taste.
3. Heat in a microwave or on the stove until hot and serve.

NOTE: Breaded fish is difficult to puree because the breading is too stiff and the pudding consistency cannot be achieved. The Dysphagia Mechanical can have breading if it is soft and moist.

Diabetic: 3 meat exchanges, 1 fat exchange for sauce

Low Sodium: 2 Gram, do not add salt during or after cooking.

Low Fat/Low Cholesterol: Use low-fat tartar sauce.

Bland: OK.