



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: 15 minutes

Makes: 6 servings

Cook time: 15 minutes

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INGREDIENTS

Nonstick cooking spray

13½ oz tilapia fish fillets, fresh or frozen, thawed (each piece should be about 2¼ oz)

¼ cup breadcrumbs, whole-wheat, seasoned

1 tsp Herbs de Provence seasoning blend, dried (see chef tips)

1 Tbsp mayonnaise, reduced-fat

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DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Place a baking rack on top of a baking sheet. Spray rack with nonstick cooking spray. Set aside.
4. In a small bowl, combine breadcrumbs and Herbs de Provence. Mix.
5. Lightly coat each piece of fish with mayonnaise. Top coated fish with the seasoned breadcrumb mixture.
6. 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.
7. Serve 1 fillet. Serve immediately, or keep warm at 140 °F or higher.



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NUTRITION INFORMATION

1 Baked Tilapia Fish Fillet

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

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

1 ½ oz eq meat

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CHEF TIPS

- **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.

