

BAKED FISH WITH LEMON AND GARLIC

This is a light and flavorful way to prepare any fish. Alternatively, put all sauce ingredients in the blender and blend together.

SERVES 50 ADULTS

INGREDIENTS

6 ½ lb. salmon or cod, in 3-5 ounce portions
¾ cup oil
¾ cup of lemon juice
¾ cup garlic, minced
¾ cup parsley, chopped

DIRECTIONS

1. Preheat oven to 350°F. foil and paper Oil 2 full sheet pans that are covered with aluminum foil or parchment paper.
2. Combine all ingredients and drizzle or brush over fish on baking sheets.
3. Lay approximately 25 to 30 pieces of fish per tray, 4 or 5 trays total. Cook for 7 to 10 minutes.