



Stuffed Walleye Parmesan Salad

PAPER & FOOD SERVICE, INC.

Ingredients **Yield: 12 Servings**

- 1/4 # Italian sausage, bulk, cooked and diced
- 1/4 c. Green onion, minced
- 1 c. Walnut pieces
- 2 # Baby spinach
- 12 ea. Walleye fillets, 8-10 oz. (Cut each fillet lengthwise into two long strips)
- 1 1/2 # Parmesan cheese, grated
- 4 oz. Butter, melted
- 2 oz. Lemon Juice
- 24 oz. Heart to heart lettuce blend
- 3 oz. Olive oil
- 2 oz. Lemon juice
- t.t. Salt
- t.t. Black pepper, café

Preparation Instructions:

1. In a large saute pan cook sausage until done. Drain excess oil. Add green onion, walnuts and spinach and continue cooking, stir occasionally. Remove pan from heat and let mixture cool slightly.
2. Place walleye fillets skin side up on cutting board and top each with even layer of spinach mixture. Sprinkle with grated cheese and roll up and secure with toothpick.
3. Place rolled walleye fillet on sizzler plate and drizzled with melted butter and lemon juice. Place in 400 degree oven and bake for approximately 12 minutes until cooked completed through.
4. As walleye roll is cooking, place lettuce blend in mixing bowl, add salt, pepper, lemon juice and olive oil. Toss until well incorporated.
5. To serve place salad greens on serving plate and top with two stuffed walleye fillets. Serve immediately.

Ingredients		Maines Product Code #	Amount	Cost
Italian sausage, Bulk	Trifoglio	107504	1/4 #	\$0.50
Green onion	Markon	097470	1/4 c.	\$0.32
Walnut pieces	Katy's Kitchen	328134	1 c.	\$3.35
Baby spinach	Fresh	097739	2 #	\$7.47
Walleye fillets, 8-10 oz.	Indian Ridge	095779	12 ea.	\$66.96
Parmesan cheese, grated	Great Lakes	010133	1 1/2 #	\$5.71
Butter	Grassland	000110	4 oz.	\$0.40
Lemon juice	Katy's Kitchen	210498	2 oz.	\$0.10
Heart to heart lettuce blend	Markon	097397	24 oz.	\$4.26
Olive oil	Gem	370867	3 oz.	\$0.45
Lemon juice	Katy's Kitchen	210498	2 oz.	\$0.10
Salt	Katy's Kitchen	340620	t.t.	\$0.03
Black pepper, café	Culinary Secrets	345631	t.t.	\$0.04

Recipe Cost	\$89.69
Portion Cost	\$7.47

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$19.95	\$7.47	\$12.48	37.44%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$20.95	\$7.47	\$13.48	35.66%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$21.95	\$7.47	\$14.48	34.03%