



Genuine Alaska Pollock

ALASKA POLLOCK PESCADILLA

1 serving = 1 pescadilla | One serving provides 2 ounce equivalent lean meat/meat alternate, ¼ cup beans/peas, ¼ cup red/orange vegetable, ⅓ cup starchy vegetable, 2.5 ounce equivalent whole grain or whole grain-rich product. Values could vary based on the specific seafood, vegetable, and grain products used.

Ingredient	1 SERVING	10 SERVINGS	50 SERVINGS
Once-frozen, Genuine Alaska Pollock® fish sticks (1 ounce each)	2	20	100
Spicy Black Bean & Corn Salsa (recipe follows)	2 tablespoons	1¼ cups	6¼ cups
Canned refried beans (low sodium)	¼ cup	2½ cups	12½ cups
Whole grain or whole grain-rich tortillas (8-inch)	1	10	50
Mozzarella and cheddar cheese blend, shredded (low-fat)	1 ounce	10 ounces	3 pounds, 2 ounces (50 ounces)
Cooking spray (olive or canola oil)			

Preparation

- Prepare Spicy Black Bean & Corn Salsa.
- Cook Alaska pollock fish sticks according to manufacturer's instructions and until internal temperature just reaches 165°F and breading is crispy. Do not overcook!
- Spread ¼ cup refried beans over each tortilla.
- Place one fish stick at 12 o'clock on each tortilla. Break another fish stick in half; place one half at 10 o'clock and the other at 2 o'clock.
- Sprinkle half of the cheese in the gaps between the fish sticks.
- Place one tablespoon of the Spicy Black Bean & Corn Salsa in each of the gaps between the fish sticks.
- Sprinkle the remaining cheese over the fish sticks and salsa.
- Fold the lower half of the tortilla up to cover the fish sticks and salsa. Lightly press the outer corners and top of the tortilla to seal the beans to the tortilla.

- Place completed Alaska Pollock Pescadillas on a sheet pan.
- Spray the outside of the tortillas with cooking spray.
- Bake in a convection oven at 350°F for 10 minutes or until tops of tortillas are lightly browned, cheese is melted, and internal temperature of fish sticks just reaches 165°F.
- May be made 1 day ahead and cooked just prior to serving. In this case, assemble the Pescadillas and refrigerate. Remove product from refrigerator 30-45 minutes prior to cooking. Spray tops with cooking spray and bake in a convection oven at 350°F for 10-15 minutes or until tops of tortillas are lightly browned, cheese is melted, and the internal temperature of the fish sticks just reaches 165°F.

SPICY BLACK BEAN & CORN SALSA

Serving size: 2 tablespoons

Ingredient	10 SERVINGS	50 SERVINGS
Frozen whole kernel corn, thawed	⅔ cup	3⅓ cups
Canned black beans, rinsed and drained	½ cup	2½ cups
Salsa (chunky, medium hot)	½ cup	2½ cups

Preparation

- Stir all ingredients together. May be made up to 2 days ahead and refrigerated.

