



ALASKA POLLOCK TACOS

1 serving = 1 taco | One serving provides 2 ounce equivalent lean meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/4 cup fruit, 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® hoagie-style portions, (breaded, 3.6 ounces each) or fish sticks (1 ounce each)	1 portion or 4 fish sticks	10 portions or 40 fish sticks	50 portions or 200 fish sticks
Fruit Salsa (recipe follows)	1/4 cup	2 1/2 cups	12 1/2 cups
Cilantro-Lime, Curry-Orange or Salsa-Lime Dressing (recipes on back)	2 tablespoons	1 1/4 cups	6 1/4 cups
Whole grain or whole grain-rich tortilla or round flat bread, warmed (8-inch)	1	40	200
Red and green cabbage and carrot mix, shredded	1/4 cup	2 1/2 cups	12 1/2 cups

Suggested condiments: Fat-free sour cream, salsa, sliced jalapeños, diced tomatoes, shredded cheese

Preparation

- Prepare Fruit Salsa and Cilantro-Lime, Curry-Orange or Salsa-Lime Dressing.
- Cook Alaska pollock portions or Alaska pollock fish sticks according to manufacturer's instructions and until internal temperature just reaches 165°F and breading is crispy. Do not overcook!
- Portion 1/4 cup cabbage and carrot mix onto each warm tortilla, and top with 1 fish portion or 4 fish sticks.
- Serve with Fruit Salsa and prepared dressings.

Flexible Service Options

- Offer a combination of self-serve or pre-portioned condiments listed above.
- Serve with regular salsa.

FRUIT SALSA

Serving size: 1/4 cup

Ingredient	10 SERVINGS	50 SERVINGS
Crushed pineapple, drained	1 1/2 cups	7 1/2 cups
Mandarin orange segments, drained	1 1/4 cups	6 1/4 cups
Cilantro, finely chopped	3 tablespoons	1 cup
Jalapeño pepper, seeded and minced	1 1/2 tablespoons	1/2 cup

Preparation

- Pour pineapple into a colander over a bowl; cover colander with plastic wrap and place a #10 can on top to press out the juice.
- Place mandarin orange segments in a food processor and pulse until segments are broken into small pieces; add the well-drained crushed pineapple and pulse to mix.
- Transfer to a storage container and stir in cilantro and jalapeño.
- Make at least 1 day prior to serving. Refrigerate during holding.

NOTE: Salsa may need to be drained again before serving if the pineapple releases more juice during holding.



Great Fish for Great Kids!



ALASKA POLLOCK TACOS *Continued*

CILANTRO-LIME DRESSING

Serving size: 2 tablespoons

Ingredient	10 SERVINGS	50 SERVINGS
Sour cream (low-fat or fat-free)	1¼ cups	6¼ cups
Cilantro, chopped	2½ tablespoons	¾ cup
Lime juice	2½ tablespoons	¾ cup
Sugar	1¼ teaspoons	2 tablespoons
Sea salt	⅛ teaspoon	¾ teaspoon
Jalapeño pepper, seeded and minced	2 tablespoons	½ cup plus 2 tablespoons

Preparation

- Stir all ingredients together.
- Refrigerate until serving.

CURRY-ORANGE DRESSING

Serving size: 2 tablespoons

Ingredient	10 SERVINGS	50 SERVINGS
Plain yogurt (fat-free)	1 cup	5 cups
Honey	2 tablespoons	½ cup plus 2 tablespoons
Orange juice	2 tablespoons	½ cup plus 2 tablespoons
Curry powder	½ teaspoon	2½ teaspoons
Paprika (mild)	⅛ teaspoon	¾ teaspoon
Sea salt	⅛ teaspoon	¾ teaspoon

Preparation

- Stir all ingredients together; taste and adjust seasoning to ensure a subtle, but noticeable, orange flavor.
- Refrigerate at least 1 hour prior to serving.

SALSA-LIME DRESSING

Serving size: 2 tablespoons

Ingredient	10 SERVINGS	50 SERVINGS
Salsa	¾ cup	3¾ cups
Jalapeño pepper, seeded and minced	1 tablespoon	⅓ cup
Sour cream (low-fat or fat-free)	¾ cup	3¾ cups
Cilantro, chopped	1 tablespoon plus 2 teaspoons	½ cup
Lime juice	1 tablespoon plus 2 teaspoons	½ cup
Sugar	¾ teaspoon	1 tablespoon plus 2 teaspoons
Sea salt	pinch	¼ teaspoon

Preparation

- Blend salsa and jalapeño in a food processor until smooth.
- Stir in sour cream, cilantro, lime juice, sugar and salt.
- Refrigerate until serving.

