

Alaska Pollock Surfer's Pizza



Ingredients	Measure	Directions
Once-frozen, Wild Alaska Pollock fish sticks (1 ounce each)	104 sticks	<ol style="list-style-type: none"> 1. Cook Wild Alaska Pollock fish sticks according to manufacturer's instructions and until internal temperature just reaches 165°F and breading is crispy. 2. Combine sour cream and Italian seasoning to taste, add hot sauce and mix well. May be made 1 day ahead and refrigerated. 3. Place crust on baking sheet. Spread sour cream mixture evenly over crust. 4. For each pizza, cut 8 fish sticks into ½ inch pieces (each stick yields 5 pieces). Arrange fish pieces evenly on crust over sour cream mixture. 5. Sprinkle ¼ cup red onion and 1 cup pineapple tidbits evenly over each pizza. Sprinkle 4 ounces of cheese over each pizza. 6. Bake in a convection oven at 400°F for 14 minutes, or until topping is bubbly and until internal temperature of the fish just reaches 165°F.
Sour cream (low-fat)	8 2/3 cups	
Italian seasoning	1 cup	
Hot Sauce (Frank's RedHot® or Tapatio®)	3 ¼ tsp	
Whole grain or whole grain-rich pizza crust (12-inch round, parbaked)	13	
Red onion, minced	3 ¼ cups	
Pineapple tidbits, drained and squeezed	13 cups	
Mozzarella and cheddar cheese blend (shredded, low-fat)	52 oz (3.25 lbs)	

Serving Size	1 Serving Provides	Yield
1 serving = ¼ pizza	2 oz meat/ meat alternative, ¼ cup fruit, 3.75 oz whole grain	Makes 13 pizzas for 52 serving

Nutrients Per Serving		
Calories 242	Saturated Fat 1 g	Iron 0 mg
Protein 6 g	Cholesterol 7 mg	Calcium 185 mg
Carbohydrate 9 g	Vitamin A 118 IU	Sodium 139 mg
Total Fat 1 g	Vitamin C 5 mg	Dietary Fiber 1 g