

Alaska Pollock Tacos



Ingredients	Measure	Directions
Wild Alaska Pollock hoagie-style portions (breaded, 3.6 ounces each) or fish sticks (1 ounce each)	50 portions or 200 fish sticks	<ol style="list-style-type: none"> 1. Cook Wild Alaska Pollock portions or fish sticks according to manufacturer's instructions and until internal temperature just reaches 165°F and breading is crispy. 2. Portion ¼ cup cabbage and carrot mix onto each warm tortilla, and top with 1 fish portion of 4 fish sticks. 3. Serve with <i>Fruit Salsa</i> and prepared dressings (recipes follow). <p>Fruit Salsa:</p> <ol style="list-style-type: none"> 1. 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. 2. 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. <p>3. Cilantro-Lime Dressing</p> <ol style="list-style-type: none"> 4. Stir all ingredients together. Refrigerate until serving <p>Curry-Orange Dressing</p> <ol style="list-style-type: none"> 1. Stir all ingredients together; taste and adjust seasoning to ensure a subtle, but noticeable, orange flavor. Refrigerate at least 1 hour prior to serving.
Whole grain-rich tortilla Or round flat bread (8-inch), warmed	50	
Red and green cabbage and carrot mix, shredded	12 ½ cups	
Fruit Salsa		
Crushed pineapple, drained	7 ½ cups	
Mandarin orange segments, drained	6 ¼ cups	
Cilantro, finely chopped	1 cup	
Jalapeño pepper, seeded and minced	½ cup	
Cilantro-Lime Dressing		
Sour cream (low-fat or fat-free)	6 ¼ cups	
Cilantro, chopped	¾ cup	
Lime juice	¾ cup	
Sugar	2 tbs	
Sea salt	¾ tsp	
Jalapeño pepper, seeded and minced	½ cup	
Curry-Orange Dressing		
Plain yogurt (fat-free)	5 cups	
Honey	½ cup plus 2 tbs	
Orange juice	½ cup plus 2 tbs	
Curry powder	2 ½ tsp	
Paprika (mild)	¾ tsp	
Sea salt	¾ tsp	

Serving Size	1 Serving Provides	Yield
4 fish sticks / 2 tacos (2 fish sticks in each)	2 m/ma, 1/8 cup red/ orange vegetables, 1/8 cup other vegetable, ¼ cup fruit, 2.5 oz whole grain	50, 6.5 cups of prepared dressing and 12.5 cups of fruit salsa

Nutrients Per Serving		
Calories 371	Saturated Fat 4 g	Iron 1 mg
Protein 17 g	Cholesterol 40 mg	Calcium 121 mg
Carbohydrate 50 g	Vitamin A 2848 IU	Sodium 626 mg
Total Fat 14 g	Vitamin C 23 mg	Dietary Fiber 5 g