



**RECIPE NAME:** Crispy Fish Tacos

**File No:**

Grade Group: K-8, 9-12	<b>HACCP Process:</b> <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 2 tacos	
Serving Utensil:	
Servings per Pan:	

Recipe Adapted From:

Kiano Moju & Rie McClenny- Tasty Team



Ingredients	Weight	Measure	Procedure
Cabbage, Green or Red, Raw, Shredded	4 lb		1. Make cabbage slaw: Combine the cabbage, onion, tomato, cilantro, jalapeno (optional), ½ cup lime juice, and 1 tsp. salt in a large bowl. Toss well and set aside. 2. Make the crispy fish: Cook fish sticks from frozen state per cooking directions. CCP: Cook to internal temperature of 165°F minimum. 3. Make the Avocado Crema: Add the avocados, sour cream, ½ cup lime juice, and ½ tsp. salt to a blender. 4. Blend until smooth. 5. To assemble each taco: Lay each tortilla out flat, top with: ¼ cup (#16 scoop) slaw 2 fish sticks 1 Tbsp avocado crema.
Onions, Raw, Diced	1 lb		
Tomatoes, Raw, Plum, Diced	1 lb		
Cilantro, Fresh, Chopped		1 cup	
Jalapeno Pepper, Small, Diced (Optional)		4 peppers	
Lime Juice		1 cup, divided	
Salt		1 ½ tsp, divided	
Alaska Pollock, Whole Grain-Rich Breaded Sticks, Frozen (USDA Foods 110851)	12 lb 8 oz		
Tortilla, Whole Wheat or Whole Corn (28 grams each)		100 tortillas	
Avocados, Raw		4 each	
Sour Cream, Reduced Fat		2 cups	

Total Yield: 100 tacos	Number of Pans:
Weight:	Measure (volume):
	Pan Size:

**Meal Component Contribution/Nutrition Analysis Based on Portion Size**

Specify the grade group in the columns:	Grade Group: K-8, 9-12				
Meat/MeatAlternate	2.0 oz eq.				
Vegetable Subgroups	DG	B/P	R/O	S	O
					½ c.
Fruits					
Grains	3.0 oz eq.				
Calories:	444				
Saturated Fat (g):	5.02 g				
Sodium (mg):	921.61 mg				

Equipment (if not specified in procedures above):
DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other