



Genuine Alaska Pollock

ALASKA POLLOCK FIESTA BOWL

1 serving = ½ cup lettuce, ½ cup rice and beans, and 4 Alaska pollock fish sticks | One serving provides 2 ounce equivalent lean meat/meat alternate, ⅛ cup beans/peas, ¼ cup dark green vegetable, 1⅓ 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)	4	40	200
Mexican Rice & Beans (recipe follows)	½ cup	5 cups	25 cups
Romaine/green leaf lettuce blend, coarsely chopped or shredded	½ cup	5 cups	25 cups

Preparation

- Prepare Mexican Rice & Beans.
- 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!
- Portion ½ cup lettuce into a bowl, boat or tray.
- Top lettuce with ½ cup Mexican Rice & Beans and 4 fish sticks.
- Offer condiments such as salsa, sour cream and jalapeños or one of the specialty sauces found in *Great Sauces & Sides for Alaska Pollock*.

Flexible Service Options

- Offer as a choice on a fiesta bar.
- Serve in a single-serve tostada shell.
- Grab n' Go: Add drained, whole kernel corn to the Mexican Rice & Beans. Offer lettuce and condiments separately.

MEXICAN RICE & BEANS

Serving size: ½ cup

Ingredient	10 SERVINGS	50 SERVINGS
Mexican infused rice	3¾ cups	18¾ cups
Canned black beans, drained (low-sodium)	1¼ cups	6¼ cups

Preparation

- Prepare rice according to manufacturer's instructions.
- Stir the drained beans into the rice.
- May be made 1 day ahead and refrigerated. Reheat if desired.



Great Fish for Great Kids!