



# Genuine Alaska Pollock

## ALASKA POLLOCK ITALIANO

**1 serving = ½ cup cooked pasta, 1 Alaska pollock portion, and ½ cup sauce** | One serving provides 2 ounce equivalent lean meat/meat alternate, ⅓ cup red/orange vegetable, 1 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® portions (unbreaded, 2.6 ounces each)	1	10	50
Italiano Sauce (recipe follows)	½ cup	5 cups	25 cups
Whole grain or whole grain-rich pasta, cooked	½ cup	5 cups	25 cups
Olive or canola oil		2 tablespoons per pan of pasta	2 tablespoons per pan of pasta
Cooking spray (olive or canola oil)			

### Preparation

- Prepare Italiano Sauce.
- Uncover baked Italiano Sauce and top with frozen Alaska pollock portions. Spoon some sauce over each portion.
- Bake in a convection oven at 375°F for 20-25 minutes or until internal temperature of fish just reaches 165°F and sauce is thickened.
- Cook pasta according to manufacturer's instructions. Drain well, retaining ¼ cup pasta water for every 10 cups of cooked pasta.
- Place approximately twenty servings (10 cups) of pasta in a 2-2½-inch deep hotel pan. Add ¼ cup reserved pasta water.
- Drizzle 2 tablespoons of olive or canola oil over the pasta and stir.
- Portion ½ cup of pasta into a bowl, and top with 1 fish portion and ½ cup sauce.

### ITALIANO SAUCE

Serving size: ½ cup

Ingredient	10 SERVINGS	50 SERVINGS
White or yellow onion, coarsely chopped	1¼ cups	6¼ cups
Garlic, coarsely chopped	2½ teaspoons	¼ cup
Canned tomatoes (no salt, peeled) drained and diced	3¾ cups	18¾ cups
Ground cinnamon	1¼ teaspoons	2 tablespoons plus ¼ teaspoon
Parsley flakes	2½ teaspoons	¼ cup
Pizza sauce	1¼ cups	6¼ cups
Black olives, sliced	1¼ cups	6¼ cups
Cooking spray (olive or canola oil)		

### Preparation

- Place all ingredients except black olives in a food processor and process to a sauce-like consistency.
- Stir in black olives.
- Spray a 2-2½-inch deep hotel pan with cooking spray. Add Italiano Sauce.
- Cover and bake in a convection oven at 375°F for 30 minutes.



*Great Fish for Great Kids!*