



# Genuine Alaska Pollock

## ALASKA POLLOCK SURFER'S PIZZA

**1 serving = ¼ pizza** | One serving provides 2 ounce equivalent lean meat/meat alternate, ¼ cup fruit, 3.75 ounce equivalent whole grain or whole grain-rich product.  
Values could vary based on the specific seafood, vegetable, and grain products used.

Ingredient	4 SERVINGS (1 PIZZA)	12 SERVINGS (3 PIZZAS)	48 SERVINGS (12 PIZZAS)
Once-frozen, Genuine Alaska Pollock® fish sticks (1 ounce each)	8	24	96
Sour cream (low-fat)	⅔ cup	2 cups	8 cups
Italian seasoning	1-2 tablespoons	3-6 tablespoons	¾ cup - 1½ cups
Hot sauce (Frank's RedHot® or Tapatio®)	¼ teaspoon	¾ teaspoon	1 tablespoon
Whole grain or whole grain-rich pizza crust (12-inch round, parbaked)	1	3	12
Red onion, minced (optional)	¼ cup	¾ cup	3 cups
Pineapple tidbits, drained and squeezed	1 cup	3 cups	12 cups
Mozzarella and cheddar cheese blend (shredded, low-fat)	4 ounces	12 ounces	3 pounds (48 ounces)



### Preparation

- 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! May be made 1 day ahead and refrigerated.
- Combine sour cream and Italian seasoning to taste, add hot sauce and mix well. May be made 1 day ahead and refrigerated.
- Place crust on baking sheet. Spread sour cream mixture evenly over crust.
- Cut fish sticks into ½-inch pieces (each stick yields 5 pieces).
- Arrange fish pieces evenly over sour cream mixture.
- Sprinkle ¼ cup red onion and 1 cup pineapple tidbits evenly over each pizza.
- Sprinkle 4 ounces of cheese over each pizza.
- 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.

*Great Fish  
for Great Kids!*