



RECIPE NAME: Crispy Fish Tacos

File No:

Grade Group: K-8, 9-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
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	8 lb		<ol style="list-style-type: none"> 1. Make cabbage slaw: Combine the cabbage, onion, tomato, cilantro, jalapeno (optional), 1 cup lime juice, and 2 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, 1 cup lime juice, and 1 tsp. salt to a blender. Blend until smooth. 4. To assemble each taco: Lay each tortilla out flat top with ¼ cup (#16 scoop) slaw two fish sticks 1 Tbsp of avocado crema. 	
Onions, Raw, Diced	2 lb			
Tomatoes, Raw, Plum, Diced	2 lb			
Cilantro, Fresh, Chopped		2 cups		
Jalapeno Pepper, Small, Diced (Optional)		8 peppers		
Lime Juice		2 cups, divided		
Salt		3 tsp, divided		
Alaska Pollock, Whole Grain-Rich Breaded Sticks, Frozen (USDA Foods 110851)	25 lb			
Tortilla, Whole Wheat or Whole Corn (28 grams each)		200 tortillas		
Avocados, Raw		8 each		
Sour Cream, Reduced Fat		4 cups		
Total Yield: 200 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					Equipment (if not specified in procedures above):
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					

DG=Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other