

Idaho Department of Education

Recipe: 000169 Caprese Pollock K-12

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 1 Fish and 1/4 Cup tomatoes

Recipe HACCP Process:

902446 USDA Cheese, Mozzarella, LMPS, Loaves 100022...	3 1/8 LB	Preheat oven: conventional oven 425°F; convection oven to 375°F. <u>Prepare Ingredients:</u> Shred cheese.
902449 USDA Tomatoes, Diced, NSA, CND, #10 100329..... 902455 Balsamic Vinegar..... 002003 SPICES, BASIL, DRIED..... 902367 USDA Pollock Wedge 2.6oz Unbread (Processed)....	3 # 10 Can 1 CUP 1/4 CUP, leaves 100 Wedge	<u>Prepare Tomato Sauce:</u> In a large stock pot or tilt skillet, bring undrained tomatoes, balsamic vinegar, and basil to a boil. Immediately remove from heat. <u>Prepare Pollock Dish:</u> In 5 shallow, full-size steam table pans, place 20 Pollock wedges into each pan. Evenly distribute hot balsamic-tomato sauce over fish. Follow manufacturer's instructions for cooking fish. Fish is done when it flakes apart easily and internal temperature reaches 155°F. Note: DO NOT OVERCOOK POLLOCK, as it will change the quality of the fish. Remove fish from oven and sprinkle each piece of fish with 1/2 ounce of cheese. <u>Serve Dish:</u> Serve 1 piece of fish with 1/4 cup of cooked tomatoes by using a slotted spoon to drain the juice. Scoop up any extra cooked tomatoes out of the pan that may have fallen off of the fish.

*Nutrients are based upon 1 Portion Size (1 Fish 1/4 Cup)

Calories	123 kcal	Cholesterol	57.50 mg	Protein	17.24 g	Calcium	174.06 mg	29.22%	Calories from Total Fat
Total Fat	4.00 g	Sodium	155.82 mg	Vitamin A	72.84 RE	Iron	0.59 mg	12.79%	Calories from Saturated Fat
Saturated Fat	1.75 g	Carbohydrates	4.91 g	Vitamin A	360.90 IU	Water ¹	*0.01* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.47 g	Vitamin C	*10.76* mg	Ash ¹	*0.01* g	15.93%	Calories from Carbohydrates
								55.91%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Idaho Department of Education

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.500 oz					? - Milk
Grain..... oz					? - Egg
Fruit..... cup					? - Peanut
Vegetable..... 0.250 cup					? - Tree Nut
Milk..... cup					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change. 0%					? - Soy
Fat Change..... 0%					? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902446	USDA Cheese, Mozzarella, LMPS, Loaves 10002			
I	902449	USDA Tomatoes, Diced, NSA, CND, #10 100329			
I	902455	Balsamic Vinegar			
I	002003	SPICES,BASIL,DRIED			
I	902367	USDA Pollock Wedge 2.6oz Unbread (Processed			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.