

Idaho Department of Education

Recipe: 000173 Pollock Street Tacos K-12

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 1 Taco

Recipe HACCP Process:

902367 USDA Pollock Wedge 2.6oz Unbread (Processed)..... 902446 USDA Cheese, Mozzarella, LMPS, Loaves 100022..... 902365 Cilantro, Fresh..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R....	100 Wedge 3 1/8 LB 4 CUP 3 CUP, chopped	Preheat oven: conventional oven 425°F; convection oven to 375°F. <u>Prepare Ingredients:</u> Partially thaw Pollock wedges to allow for seasoning to stick to them. Shred cheese. Chop cilantro and green onions.
902461 Corn Tortillas.....	200 Tortillas	<u>Warm Tortillas:</u> Place a piece of parchment paper in a deep steam table pan. Wet four paper towel sheets with water and make each sheet into a ball; place paper towel balls underneath the parchment paper in each corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer and heat for 2 hours.
902474 Yogurt, Plain, Fat Free..... 001179 SOUR CREAM,LIGHT..... 900771 GARLIC,GRANULATED..... 009161 LIME JUC,CND OR BTLD,UNSWTND..... 002048 VINEGAR,CIDER APPLE..... 019335 SUGARS,GRANULATED..... 902458 Broccoli Slaw.....	2 CUP 2 CUP 1 TBSP 1/4 CUP 2 TBSP 2 TBSP 4 3/4 LB	<u>Prepare Broccoli Slaw:</u> In a large bowl mix, chopped cilantro, chopped green onions, yogurt, sour cream, garlic granules, lime juice, apple cider vinegar and sugar. Toss broccoli slaw with sauce and chill. Tip: Best flavor if made the day before. Store in the refrigerator.
902459 Taco Seasoning Mix.....	1 CUP	<u>Prepare Pollock:</u> Toss with taco seasoning until all partially thawed wedges are seasoned. Follow manufacturer's instructions for cooking the 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.
902460 USDA, Salsa, Low-Sodium, Canned 100330.....	5/8 #10 Can	<u>Assemble Street Tacos:</u> Stack two corn tortillas on top of each other. In the center of the tortilla facing up, add 1 cooked Pollock wedge, heaping ¼ cup of broccoli slaw, 1 tbsp. salsa, and ½ ounces of cheese. Tip: Street tacos have two tortillas to prevent the tortilla from breaking.

*Nutrients are based upon 1 Portion Size (1 Taco)

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.

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Calories	203 kcal	Cholesterol	59.28 mg	Protein	19.19 g	Calcium	*296.70* mg	24.61%	Calories from Total Fat
Total Fat	5.57 g	Sodium	379.17 mg	Vitamin A	*283.95* RE	Iron	*1.01* mg	9.24%	Calories from Saturated Fat
Saturated Fat	2.09 g	Carbohydrates	19.96 g	Vitamin A	*1443.82* IU	Water ¹	*7.30* g	*0.15%*	Calories from Trans Fat
Trans Fat ¹	*0.03* g	Dietary Fiber	1.85 g	Vitamin C	*1.37* mg	Ash ¹	*0.06* g	39.24%	Calories from Carbohydrates
								37.72%	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

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.5 oz				? - Milk
Grain..... 1 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.25 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	902367	USDA Pollock Wedge 2.6oz Unbread (Processed)			
I	902446	USDA Cheese, Mozzarella, LMPS, Loaves 10002			
I	902365	Cilantro, Fresh			
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			
I	902461	Corn Tortillas			
I	902474	Yogurt, Plain, Fat Free			
I	001179	SOUR CREAM,LIGHT			
I	900771	GARLIC,GRANULATED			
I	009161	LIME JUC,CND OR BTLD,UNSWTND			
I	002048	VINEGAR,CIDER APPLE			
I	019335	SUGARS.GRANULATED			
I	902458	Broccoli Slaw			
I	902459	Taco Seasoning Mix			
I	902460	USDA, Salsa, Low-Sodium, Canned 100330			

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