

CRISPY FISH PESCADILLA

Adapted from Genuine Alaska Pollock Producers



PROCESS METHOD 2: Same Day Service

YIELD: 48 servings grades 9-12; 96 servings grades K-8

SERVING SIZE: 1 full serving grades 9-12; one half-serving grades K-8

PREP TIME: 40 minutes **COOK TIME:** 20 minutes

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INGREDIENTS	WEIGHT	MEASURE	METHOD
Pollock fish sticks, frozen (2 oz. eq. MMA/ 1 oz. eq. Grains per 4 sticks)	6 lb.	96 sticks	1. Cut frozen fish sticks in half with sharp chef's knife. CCP: Cold hold at 41°F or below. 2. Line baking sheets with parchment paper.
Reduced-fat cheddar cheese, shredded	1 lb., 8 oz.		3. In a bowl, mix shredded cheeses to combine. CCP: Cold hold at 41°F or below.
Part-skim mozzarella cheese, shredded	1 lb., 8 oz.		
Black beans, low sodium canned, rinsed and drained	110 oz. (#10 can)	6 cups	4. Combine black beans, frozen corn and salsa. Mix thoroughly. CCP: Cold hold at 41°F or below.
Yellow corn, frozen	2.25 lb.	6 cups	
Salsa	53 oz. (half of #10 can)	6 cups	
Whole grain-rich 8" flour tortilla		48 tortillas	5. Assemble pescadilla like a quesadilla:
Refried beans	115 oz. (#10 can)	3 qt.	<ul style="list-style-type: none"> - Place tortilla on parchment paper. Spread a #16 scoop (¼ cup) of refried beans over the surface of an entire tortilla. - Place 4 frozen fish stick halves flush with the front edge of the tortilla at the 3, 5, 7 and 9 o'clock places on a clock face. - Spread a #16 scoop (¼ cup) of black bean, corn and salsa filling over the fish sticks. - Sprinkle 1 ounce of blended cheese over filling. Fold the top half of tortilla down to cover cheese layer.
Nonstick spray			<ul style="list-style-type: none"> - Lightly press top of tortilla to seal. Optional: Spray top lightly with nonstick spray. - Repeat until all pescadillas are made. CCP: Cold hold at 41°F or below if prepared in advance of cooking step.
			6. Bake at 350°F in the oven for 15 to 20 minutes until internal temperature of fish stick reaches 165°F for 15 seconds. 7. If desired, cut each pescadilla in half so that each wedge has two pieces of fish stick. Serve immediately. CCP: Hot hold at 135°F or higher.

COMPONENT CONTRIBUTION PER FULL SERVING*: 2 oz. equivalent Meat/Meat Alternate; 2.5 oz. equivalent Grains; 5/8 cup Vegetables (1/8 cup red/orange subgroup, 3/8 cup legume subgroup, 1/8 cup starchy subgroup)

*Values could vary based on specific fish, vegetable and grain products used

APPROXIMATE NUTRIENT ANALYSIS PER FULL SERVING: 450 calories, 15 g fat, 7 g saturated fat, 0 g trans fat, 790 mg sodium, 60 g carbohydrate, 10 g dietary fiber, 24 g protein, 287 IU vitamin A, 8 mg vitamin C, 78 mg calcium, 2.6 mg iron

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours.

