



CRUNCHY FISH TACOS WITH CHIPOTLE SAUCE

Recipe Project Name/Written By:	New England Dairy, Revised by To Taste
Recipe Category:	Lunch, Speed Scratch
Cooking Process:	#2 Same Day Service
Prep Time:	20 minutes
Cook Time:	15 minutes
Total Time:	35 minutes
K-12 Portion Size:	1 taco
Meal Pattern Contribution:	2 oz eq WGR grain, 2 oz eq m/ma, 1/8 cup other vegetable

INGREDIENTS	32 Servings		64 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tortillas, whole grain, 8"		32 each		64 each	1. Thaw tortillas overnight.
Pollock, breaded fish sticks, WGR, frozen		96 each		192 each	CCP: Hold at 41° F or below.
Yogurt, plain, low-fat	2 lb		4 lb		2. Preheat convection oven to 350° F.
Chipotle peppers in adobo	3.6 oz		7.2 oz		3. Place fish sticks on lined sheet pans. Cook for 15 minutes or until golden brown and crisp.
Lime juice		2 tsp		1 Tbsp + 1 tsp	CCP: Heat to 135° F or higher for at least 15 seconds.
Granulated garlic		1 tsp		2 tsp	CCP: No bare hand contact with ready to eat food.
Salt		1/2 tsp		1 tsp	4. Warm tortillas. Place tortillas in warmer while fish sticks are cooking.
Coleslaw salad mix		2 qt		1 gal	5. Prepare sauce. In a food processor or blender, blend chipotle peppers in adobo sauce until smooth. Measure quantity needed in recipe and leave in blender. Freeze remainder if necessary.
Cilantro, chopped		1 1/3 c		2 2/3 c	6. Add yogurt, lime juice, garlic, and salt to the measured blended chipotles in adobo. Blend until ingredients are well combined. Transfer sauce into squeeze bottles for service.
					CCP: Hold at 41° F or below.
					CCP: No bare hand contact with ready to eat foods.
					7. To serve each student, place 3 fish sticks in a tortilla. Top with 1/8 cup coleslaw, ~2 tsp cilantro, and 2 Tbsp yogurt chipotle sauce.

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NUTRITION INFORMATION

Serving Size	1 taco
NUTRIENTS	AMOUNT
Calories	195
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	10 mg
Sodium	389 mg
Total Carbohydrate	26 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars	0 g
Protein	9 g
Vitamin D	0 mcg
Calcium	156 mg
Iron	2 mg
Potassium	239 mg
N/A=data not available.	

ALLERGENS: Fish, Milk, Wheat
Allergen and nutrient information may vary based on the specific products and ingredients used on site.

***MARKETING GUIDE**

Food as Purchased for	32 Servings	64 Servings
Cabbage, fresh, shredded, RTU	1 lb 3 oz	2 lb 6 oz

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.
 To determine approximate amount of sauce per taco, measure 2 Tbsp beforehand using the squeeze bottle to get a visual of the correct quantity.
 Corn tortillas can be subbed for whole grain flour.

YIELD/VOLUME

32 Servings	64 Servings
N/A	N/A

