



Genuine Alaska Pollock

ALASKA POLLOCK FBLT

1 serving = 1 sandwich | One serving provides 2 ounce equivalent lean meat/meat alternate, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 3 ounce equivalent whole grain or whole grain-rich product. Values could vary based on the specific seafood, vegetable, and grain products used.

Ingredient	1 SERVING	10 SERVINGS	50 SERVINGS
Once-frozen, Genuine Alaska Pollock® portions (breaded, 3.6 ounces each)	1	10	50
FBLT Sauce (recipe follows)	2 tablespoons	1 1/4 cups	6 1/4 cups
Whole grain or whole grain-rich sandwich roll, split	1	10	50
Green leaf lettuce	1 leaf	10 leaves	50 leaves
Tomato, thinly sliced	2 slices	20 slices	100 slices

Preparation

- Prepare FBLT sauce.
- Cook Alaska pollock portions according to manufacturer's instructions and until internal temperature just reaches 165°F and breading is crispy. Do not overcook!
- Spread top and bottom of roll with FBLT Sauce.
- Place fish portion on bottom of roll, top with tomato and lettuce, and replace roll top.

Flexible Service Options

- Replace the breaded Alaska pollock portion with an unbreaded 2.6 ounce portion. (Sandwich will then have a 2.5 ounce equivalent whole grain or whole-grain rich product.)

- Offer lettuce and tomato as a self-serve option.
- Offer as a choice on a made-to-order sandwich bar.
- Substitute long French bread for the sandwich roll. Spread with FBLT Sauce, add prepared fish portions, tomato slices and lettuce. Replace bread top and slice between the portions.

FBLT SAUCE

Serving size: 2 tablespoons

Ingredient	10 SERVINGS	50 SERVINGS
Thousand Island dressing (low-fat)	1 cup	5 cups
Real bacon bits	1/3 cup	1 2/3 cups

Preparation

- Stir bacon bits into dressing.
- Make at least 2 hours prior to serving and refrigerate. May be made 1 day ahead.



Great Fish for Great Kids!