



Genuine Alaska Pollock

ALASKA POLLOCK PO'BOY

1 serving = 1 sandwich | One serving provides 2 ounce equivalent lean meat/meat alternate, 1/8 cup dark green 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® fish sticks (1 ounce each)	4	40	200
Po'Boy 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
Baby spinach leaves	1/4 cup	2 1/2 cups	12 1/2 cups

Preparation

- Prepare Po'Boy Sauce.
- Cook Alaska pollock fish sticks 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 Po'Boy Sauce.
- Place fish sticks diagonally across the bottom of roll; top with spinach leaves and replace roll top.

Flexible Service Options

- Assemble sandwich and wrap for a self-serve option.
- Include as a choice on a made-to-order sandwich bar.
- Omit spinach and offer shredded romaine lettuce or a romaine/spinach blend.
- Offer additional vegetable options.

PO'BOY SAUCE

Serving size: 2 tablespoons

Ingredient	10 SERVINGS	50 SERVINGS
Mayonnaise (low-fat)	1 1/4 cup	6 1/4 cups
Yellow mustard	2 tablespoons	2/3 cup
Dijon mustard	2 tablespoons	2/3 cup
Sweet pickle relish	2 tablespoons	2/3 cup
Worcestershire sauce	1/4 teaspoon	1 1/4 teaspoon

Preparation

- Mix all ingredients together.
- Make at least 2 hours prior to serving and refrigerate. May be made 1 day ahead.



Great Fish for Great Kids!