



Genuine Alaska Pollock

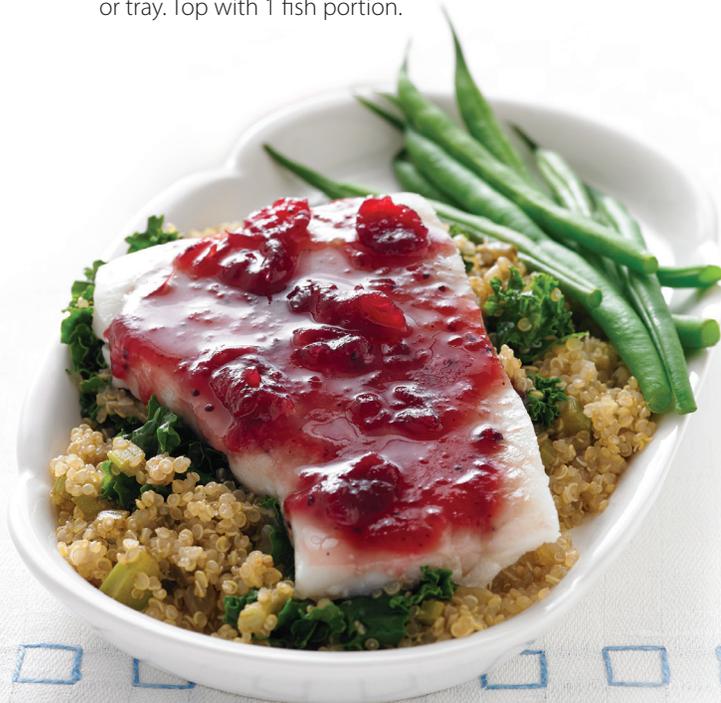
CRANBERRY-GLAZED ALASKA POLLOCK WITH QUINOA STUFFING

1 serving = 1 Alaska pollock portion and ½ cup stuffing | One serving provides 2 ounce equivalent lean meat/meat alternate, 1 ounce equivalent whole grain or whole grain-rich product. Values could vary based on the specific seafood and grain products used.

Ingredient	1 SERVING	10 SERVINGS	50 SERVINGS
Once-frozen, Genuine Alaska Pollock® portions (unbreaded, 2.6 ounces each)	1	10	50
Cranberry Glaze (recipe follows)	1 tablespoon	2/3 cup	3 1/3 cups
Quinoa Stuffing (recipe on back)	1/2 cup	5 cups	25 cups
Cooking spray (olive or canola oil)			

Preparation

- Prepare Cranberry Glaze and Quinoa Stuffing.
- Spray sheet pan with cooking spray. Place frozen Alaska pollock portions on pan and top each portion with 1 tablespoon Cranberry Glaze.
- Cook Alaska pollock portions according to manufacturer's instructions and until internal temperature of fish just reaches 165°F. Do not overcook!
- Portion 1/2 cup warm Quinoa Stuffing into a bowl, boat, or tray. Top with 1 fish portion.



Flexible Service Options

- Add kale to the stuffing for credit to dark green vegetable subgroup.
- Use seasoned bread stuffing instead of Quinoa Stuffing.

CRANBERRY GLAZE

Serving size: 1 tablespoon

Ingredient	10 SERVINGS	50 SERVINGS
Canned cranberry sauce (whole berry)	2/3 cup	3 1/3 cups
Frozen orange juice concentrate, room temperature	2 tablespoons plus 2 teaspoons	3/4 cup
Honey	3/4 teaspoon	1 tablespoon plus 1 teaspoon

Preparation

- Stir all ingredients together.
- Refrigerate if not used immediately. May be made up to 2 days ahead. Stir before using.



For more information and suppliers of once-frozen Genuine Alaska Pollock go to www.greatfishforgreatkids.org.



CRANBERRY-GLAZED ALASKA POLLOCK WITH QUINOA STUFFING *Continued*

QUINOA STUFFING

Serving size: ½ cup

Ingredient	10 SERVINGS	50 SERVINGS
Quinoa	1 ⅓ cups	6 ⅔ cups
Chicken or vegetable broth	2 ½ cups	12 ½ cups
Bay leaf	2 bay leaves	10 bay leaves
Olive or canola oil	2 tablespoons	½ cup plus 2 tablespoons
Celery, cut into small dice	1 ½ cups	7 ½ cups
Onion, cut into small dice	2 cups	10 cups
Granulated garlic	¼ teaspoon	1 ¼ teaspoons
Sage, ground	2 ½ teaspoons	¼ cup
Kosher salt	¼ teaspoon	1 ¼ teaspoons

Preparation

- Rinse quinoa well and drain.
- Pour broth into a saucepan; cover and bring to a simmer.
- Add bay leaf and quinoa, and stir.
- Cover and simmer approximately 5 minutes or until liquid is absorbed.
- Remove from heat. Fluff with a fork and set aside.
- Heat oil in a hotel pan over low heat; add diced celery and onion and cook until translucent.
- Increase heat to medium, and add garlic, sage, and salt. Cook 1-2 minutes.
- Add quinoa to vegetable mixture and stir to combine. If stuffing is dry add additional broth by the tablespoon until desired consistency is reached.
- Bake at 375°F for 10-15 minutes; broil to brown top, if needed.

