



# Crunchy Fish

TACOS

# Crunchy Fish

## TACOS

### MEAL PATTERN CONTRIBUTION

- 2 M/MA
- 2 ¼ oz. grain serving
- ½ cup vegetables

### YIELD

- 24 Servings

### PORTION

- 3 fish sticks
- 1 tortilla
- ½ cup coleslaw
- 3 oz. yogurt chipotle sauce
- 1 lime wedge

### INGREDIENTS

- Breaded cod fish sticks, (1 oz. each) (72 fish sticks)
- Chipotle peppers in adobo, 5 ½ oz. can (2 each)
- Yoplait® Parfait Pro® yogurt low-fat vanilla (6 lbs.)
- Buttermilk (2 cups)
- 8" Corn tortilla or whole grain flour tortilla (24 each)
- Cabbage coleslaw mix (green & purple with carrots) (3 cups)
- Wedge of lime (24 each)
- Cilantro, fresh, chopped (2 oz.) (1 cup)

### PREPARATION

1. Place fish sticks on a lined sheet pan. Cook: Conventional Oven at 350 °F for 20 minutes. Convection oven at 350 °F for 15 minutes. Heat to 145 °F or higher for at least 15 seconds. (CCP) Hold for hot service at 135 °F or higher. (CCP)
2. In a food processor blend chipotle peppers in adobo until completely liquify.
3. Mix plain yogurt, buttermilk together. Add Chipotle peppers. Mix until ingredients are well incorporated.
4. Transfer sauce into squeeze bottles. Hold at 41 °F or less. (CCP)
5. When ready to serve: place 3 fish sticks in a tortilla, add ½ cup of coleslaw mix. Serve approximately 3 oz. of yogurt chipotle sauce with a wedge of lime with tacos.
6. Optional: garnish with chopped cilantro

### Nutrients Per Serving

Calories: 403 kcal	Carbs: 50 g	Sat Fat: 3 g	Vitamin A: 725 IU	Iron: 0.45 mg	Sodium: 744 mg
Protein: 12 g	Total Fat: 12 g	Cholesterol: 45 mg	Vitamin C: 4 mg	Calcium: 309 mg	Dietary Fibers: 7 g