



Alaska Pollock, Fillet, Frozen

MyPlate Food Group: **Protein**



Nutrition Information

- 1 ounce of cooked fish counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- Eat a variety of protein foods to improve nutrient intake and health benefits. Try to eat at least 8 ounces of cooked seafood per week.
- Fish supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- EPA and DHA are omega-3 fatty acids and can be found in seafood. Eating 8 ounces of seafood per week may help reduce the risk of heart disease.

Uses and Tips

- Cook Alaska pollock to the internal temperature indicated on the product's packaging.
- Thaw Alaska pollock in the refrigerator or microwave by using the defrost setting.
- Do not thaw on the countertop at room temperature.
- Refer to the product's packaging for more information on how to properly thaw this product.
- Alaska pollock fillets may be baked, broiled, or grilled.
- Serve Alaska pollock fillets with tartar sauce or a lemon wedge to add a burst of flavor. Serve along with brown rice and vegetables for a complete meal.

Storing Foods at Home

- Keep Alaska pollock fillets frozen at 0 degrees F until ready to use.
- After cooking, store any leftover Alaska pollock in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- Nutrients provided by protein foods can differ. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.

USDA Foods

Fish Tacos

Makes 5 servings

Ingredients:

- ½ cup light ranch dressing
- 2 tablespoons lime juice
- 1 teaspoon chili powder
- ¼ teaspoon ground black pepper
- 1 jalapeño pepper, seeded and finely chopped (optional)
- 4 cups coleslaw mix or broccoli slaw
- 10 (6-inch) corn or flour tortillas
- 3 tablespoons vegetable oil
- 2 tablespoons cornmeal
- 1 pound frozen Alaska pollock fillets, cut in 1" pieces or in 10 strips, thawed
- 1 tomato, chopped

Directions: Wash hands with soap and water.

1. Stir together the dressing, lime juice, chili powder, pepper, and jalapeño (optional). Pour over coleslaw mix and stir to mix well. Cover and place in refrigerator until serving time.
2. Warm the tortillas according to directions on the package.
3. Heat the oil in a small non-stick skillet over medium heat until hot, but not smoking. Spread the cornmeal on a plate while the oil heats. Pat the fish pieces in the cornmeal to coat on all sides. Fry the fish in hot oil until the cornmeal is lightly browned, 1-2 minutes per side.
4. Remove and drain on paper towels. Top each tortilla with some of the fish and some of the coleslaw mix. Fold in half and serve with the chopped tomato.

Recipe adapted from Spend Smart. Eat Smart./Iowa State University Extension and Outreach

Spicy Baked Fish

Makes 4 servings

Ingredients:

- 1 pound frozen Alaska pollock fillets, thawed
- ¼ teaspoon paprika
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ⅛ teaspoon black pepper
- ⅛ teaspoon dried oregano
- ⅛ teaspoon dried thyme
- 1 tablespoon lemon juice
- 1½ tablespoons margarine, melted

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees F.
2. Separate (or cut) fish into 4 pieces. Place fish in a 9x13 inch baking pan.
3. Combine paprika, onion and garlic powder, pepper, oregano, and thyme in a small bowl.
4. Sprinkle herb mixture and lemon juice evenly over the fish. Then drizzle melted margarine on top.
5. Bake until fish flakes easily with a fork, about 20-25 minutes.

Recipe adapted from MyPlate Kitchen/USDA