



Alaska Pollock, Whole Grain, Breaded Fish Sticks, Frozen

MyPlate Food Group: **Protein**

USDA
Foods

Nutrition Information

- 1 ounce of fish sticks 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

- Thaw frozen fish sticks 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 cook and thaw this product.
- Fish sticks are easy to prepare and can be served with steamed vegetables and fresh fruit for a quick meal.
- Serve fish sticks with tartar sauce or a lemon wedge to add a burst of flavor.

Storing Foods at Home

- Keep fish sticks frozen at 0 degrees F until ready to use.
- After cooking, store any leftover fish sticks 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

Crunchy Fish Flatbread Pizza

Makes 6 servings

Ingredients:

12 whole grain breaded fish sticks
6 whole grain tortillas
½ cup cheddar cheese, shredded
½ onion, diced
2 tomatoes, diced

Directions: Wash hands with soap and water.

1. Cook fish sticks according to directions on the package.
2. Sprinkle 6 tortillas with cheese, onion, and tomato.
3. After fish is cooked, slice it into chunks and add about 6-7 pieces to each prepared tortilla.
4. Toast for 6-8 minutes at 350 degrees F until cheese is melted and tortilla is slightly toasted. Serve open-faced as individual pizzas.

Recipe adapted from SizzlingEats.com

Fish Stick Sandwiches with Healthy Tartar Sauce

Makes 2 servings

Ingredients:

6 whole grain breaded fish sticks
2 tablespoons reduced fat mayonnaise
2 tablespoons plain yogurt, nonfat
½ tablespoon relish, dill or sweet
4 slices of whole wheat bread or 2 whole grain burger buns
½ shredded cabbage
½ tomato, sliced (optional)

Directions: Wash hands with soap and water.

1. Bake fish sticks according to directions on the package.
2. While the fish bakes, for the tartar sauce, mix mayonnaise, yogurt, and relish together in a small bowl. Refrigerate until ready to serve.
3. Let fish sticks cool slightly after baking.
4. Spread 1 tablespoon of tartar sauce on 2 slices of bread.
5. Place 3 fish sticks on each slice of bread with tartar sauce on it.
6. For each sandwich, top with ¼ of shredded cabbage and sliced tomato (optional), 1 tablespoon of tartar sauce, and top slice of bread.

Recipe adapted from Perdue Extension Family Nutrition Program