

TORTILLA CITRUS-CRUSTED FISH TACOS (25 servings)



INGREDIENTS:

Wild Alaska Pollock or Cod Fillets	6 lbs
Flour Tortillas (6i inch)	50 each
Red & Green Cabbage	2 qt
Tortilla Chips	2 cups
Cilantro	4 cups
Light Mayo	2 cups
Garlic (Minced)	½ cup
Lime (Fresh)	16 each
Salt & Pepper	1 tsp & ½ tsp
Lemon	3 each
Taco Seasoning	½ cup
Tomato (Fresh, Diced)	10 each
Shredded Cheddar Cheese	2 cups

NUTRITIONAL VALUE:

Calorie: 400
 Fat: 14mg
 Cholesterol: 90mg
 Sodium: 560
 G4G: Yellow

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Method of Preparation

1. Sauce: In a large mixing bowl combine the, cilantro (2cups), mayonnaise (3 cups), and garlic (½ cup). Add the lime (6 each) zest and juice . Stir to combine. Add salt & pepper(1/2 tsp each). Set aside in refrigerator/cooler to let flavors blend.
2. Marinade: In a shallow bowl, combine mayonnaise(3 cups), salt(1/2 tsp), taco seasoning (1/2 cup), lemon (3 each) & lime (3 each) juice; stir until smooth.
3. While still in the bag, crush the tortilla chips with a rolling pin or use the bottom of a sauce pan.
4. Cut fish into 1 inch pieces. (3.5oz per serving)
5. Toss chunks of fish into the marinade; place in cooking pan, sprinkle w/the crushed tortilla chips. (May also use bread crumbs (3 cups) instead of chips)
6. Bake in pre-heated oven at 400F for 10-12 minutes.
7. Serve fish chunks in warmed tortillas.
8. Garnish with the shredded cabbage, tomatoes, shredded cheddar cheese, chopped cilantro (2 cups)and 1 lime wedge . Top with 1 tsp of sauce.

* Nutritionals w/Bread Crumbs: Cal-320, Fat-14g, Chol-55mg, Sod-630

* See additional preparation information (Fish Taco Preparation Method) located on www.usafservices.com

For more information regarding Operation Refresh recipes visit our website www.usafservices.com