

Pozole con Pescado

INGREDIENTS	50 SERVINGS
	Measure/Weight
POZOLE	
Crushed tomatoes	2 #10 cans
Hominy, un-drained	1 #10 can
Hominy, drained	5 cups
Chili powder	¾ cup
Granulated garlic	3 tbsp.
Ground cumin	2 tbsp.
Red pepper flakes	1 tsp.
Black pepper	½ tsp.
Canned diced chilies	14 oz.
Diced yellow onions	1 ½ cup
Finely chopped celery	1 ½ cup
Olive oil	4 tbsp.
Fresh chopped kale	2 ¼ lbs.

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Pozole is a favorite dish for our Mexican students. It is a soup made with hominy which is a corn based staple. While pozole is traditionally made with pork or chicken, I felt that this soup would be a great vehicle to allow us to serve fish that wasn't partially fried and breaded. Although cabbage is the traditional topping for this dish, we substitute kale, a dark and nutritious green.

The dish has a slight kick to it but it is not too hot. Mucho Melon Medley helps cool things down by combining three melons with a touch of lime, mint and basil. These two dishes complement each other perfectly and our students love them!

PREPARATION

POZOLE

1. Sauté celery and onions in 4 tbsp. olive oil until onions are translucent.
2. Add all the other ingredients. Bring to a simmer, cover and let simmer for 20 minutes, stirring occasionally.
3. Add kale during the last ten minutes.

BAKED FISH FILET

1. Coat baking pan with melted butter.
2. Lay filets in baking pan.
3. Combine the garlic, chili powder and cumin.
4. Lightly sprinkle seasoning blend on filets and bake until done in a pre-heated 350 degree oven (about 5 to 7 minutes).

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Founded by the American Heart Association and the William J. Clinton Foundation

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INGREDIENTS	50 SERVINGS
	Measure/Weight
BAKED FISH FILET	
Pollock filet	5 lbs.
Chili powder	2 tbsp.
Granulated garlic	2 tbsp.
Ground cumin	1 tsp.
Unsalted butter	2 tbsp.
MELON MELODY	
Watermelon	8 lbs. 3 oz.
Honeydew	5 lbs. 2 oz.
Cantaloupe	4 lbs. 6 oz.
Lime juice	½ cup
Pineapple juice, 100%	2 cups
Fresh mint	½ cup
Fresh basil	4 large leaves
Sea salt	1 tsp.

PREPARATION

BAKED FISH FILET *continued*

- Once done, allow fish to sit for five minutes then cut into chunks, about 1 inch cubes.

**As an option, you may use other types of fish such as cod, tilapia or catfish to name a few.*

Serving Instruction: To insure proper fish portioning, spoon 1 cup of the soup into a serving bowl, top with 1/8 cup shredded kale, then place 1 ounce of fish chunks on the soup. Serve with warm whole grain flat bread or another whole grain bread item that equals 1 grain bread. Half of a 6 inch whole grain flat bread is the portion. Heat in a warmer, cut into quarters before serving and serve 2 quarters per student.

MELON MELODY

- Remove rinds from melons and cut into 1 inch cubes.
- In a large mixing bowl or pan, mix cubed melon until evenly distributed.
- In a blender or food processor, pulse all other ingredients until mint is finely chopped. *if you do not have these devices, you may finely chop them and whisk together in a separate mixing bowl with the juices and salt.*
- Pour mixture over melon and toss lightly until coated.
- Refrigerate until ready to serve.

Serving Instruction: At service lightly toss salad until pieces have been coated again. Makes 50 ½ cup servings.

NUTRITION INFORMATION: Calories: 227, Total Fat: 3.62g, Saturated Fat: 7.5g, Trans Fat: 0.0g, Protein: 14.34g, Sodium: 554.91mg, Cholesterol: 33.41mg

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

CONTRIBUTES TO NSLP MEAL PATTERN: 1 oz. M/MA, ¾ cup Vegetable, ½ 6 inch 25.5g Grain/Bread; ½ cup Fruit. Meets Alliance School Meals criteria for whole grains and contributes 1 ¼ cup to daily fruit/vegetable total.