



## Salmon Tacos

Fresh, local wild salmon served in a familiar, kid-friendly dish with fresh toppings.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
 Washington State Office of Superintendent of Public Instruction on behalf of Highline Public Schools

**Preparation Time:** 30 minutes

**Cook Time:** 2 hours

**NSLP/SBP crediting information:**

1 taco (1 tortilla, 2 oz salmon, 2 Tbsp Pico de Gallo, 1 Tbsp cilantro lime dressing) provides 1/8 cup additional vegetable, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 2 oz equivalent meats/meat alternates, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salmon, pink, frozen, pin bones removed, skin on	9 lb		18 lb		<ol style="list-style-type: none"> <li>1. Line full-size sheet pans with parchment paper. Place fillets skin-side down on sheet pans (5-6 fillets per sheet pan) and place sheet pans in the cooler to thaw overnight.</li> <li>2. Preheat conventional oven to 425 °F or convection oven to 400 °F.</li> <li>3. While oven is preheating, combine salt, pepper, and taco seasoning in a small bowl or container.</li> <li>4. Remove thawed salmon fillets from cooler and sprinkle</li> </ol>
Salt, kosher	22 4/5 g	1 Tbsp 1 tsp	45 3/5 g	2 Tbsp 2 tsp	
Pepper, ground	4 3/5 g	2 tsp	9 1/5 g	1 Tbsp 1 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					2 tsp of spice mix over each fillet.
Taco seasoning mix	5 3/10 g	2 Tbsp	10 3/5 g	¼ cup	<p><b>5.</b> Transfer sheet pans with salmon to preheated oven and roast at 425 °F for 10-12 minutes until internal temperature of each fillet reaches 145 °F.</p> <p><b>Critical Control Point:</b> Cook salmon until internal temperature of each fillet reaches 145 °F for at least 15 seconds.</p>
					<p><b>6.</b> Remove salmon from oven. When the salmon has cooled enough to handle, use a spatula to carefully remove the skin by sliding spatula between skin and body of fish. Transfer skinless salmon to a full-size 4" hotel pan (12" x 20" x 4") and break apart fillets into bite-size pieces.</p> <p>For service, weigh out 2 oz of salmon. 2 oz of salmon should completely fill a 4 oz spoodle. Use a 4 oz spoodle for service.</p> <p><b>Critical Control Point:</b> Hold salmon for hot service at 135 °F or higher through service.</p>
Whole grain flour tortillas	3 lb 8 oz	50 tortillas	7 lb	100 tortillas	<p><b>7.</b> Put tortillas in hot box to warm while preparing Pico de Gallo and lime cilantro sauce.</p>
<b>Pico de Gallo</b>					
*Tomato, fresh, chopped	5 lb	2 qt 2 ⅔ cups	10 lb	1 gal 1 qt 1 ⅓ cup	<p><b>8.</b> Combine tomatoes, onion, jalapeno, and cilantro in a large bowl. Stir well. Refrigerate until ready for service.</p> <p><b>Critical Control Point:</b> Cool to 41 °F or below within 4 hours. Hold for cold service at 41 °F or lower until service.</p>
*Onion, fresh, white, diced	1 lb 8 oz	1 qt ⅔ cup	3 lb	2 qt 1 ⅓ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Jalapeno, fresh, seeded, diced	6 oz	1 cup	12 oz	2 cups	
*Cilantro, fresh, chopped	6 oz	3 cups	12 oz	1 qt 2 cups	
<b>Lime Cilantro Sauce</b>					
Greek yogurt, plain, low-fat	1 lb 9 oz	3 cups	3 lb 2 oz	1 qt 2 cups	<b>9.</b> Combine yogurt, garlic, cilantro, and lime juice in the bowl of a food processor and blend until smooth.  <b>Critical Control Point:</b> Cool to 41 °F or below within 4 hours. Hold for cold service at 41 °F or lower until service.
Garlic, minced	25 3/10 g	3 Tbsp ½ tsp	50 3/5 g	¼ cup 2 Tbsp 1 tsp	<b>10.</b> To serve, place 1 tortilla in a serving boat and top tortilla with 2 oz salmon, 2 Tbsp Pico de Gallo, and 1 Tbsp lime cilantro sauce.
*Cilantro, fresh, chopped	4 oz	2 cups	8 oz	4 cups	
Lime juice	76 3/5 g	⅓ cup 2 tsp	153 1/5 g	⅔ cup 1 Tbsp 1 tsp	



**SALMON TACOS**  
**NUTRITION INFORMATION**

For 1 taco

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>206</b>
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<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	33 mg
<b>Sodium</b>	<b>414 mg</b>
<b>Total Carbohydrates</b>	<b>20 g</b>
Dietary Fiber Total	3 g
Sugars	3 g
Added Sugars included	0 g
<b>Protein</b>	<b>18 g</b>
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Vitamin A	276 mcg RAE
Vitamin C	14 mg
Vitamin D	297 IU
Calcium	64 mg
Iron	1 mg
Potassium	441 mg

N/A=data not available.

**\*MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Tomatoes, fresh, whole	5 lb 12 oz	11 lb 8 oz
Onion, mature, fresh, whole	1 lb 12 oz	3 lb 8 oz
Jalapeno, fresh, whole	7 oz	14 oz
Cilantro, fresh	12 oz	1 lb 8 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

This recipe is based on in-house yield of 1 lb pink salmon, pin-bones removed, skin-on salmon, thawed from frozen = 0.7 lb cooked salmon without skin. Salmon yield may vary by species. An in-house yield test is recommended to ensure sufficient cooked quantity.

Cooking Process #2: Same Day Service

**YIELD/VOLUME**

<b>50 Servings</b>	<b>100 Servings</b>
50 salmon tacos About 6 lb 5 oz cooked salmon About 1 qt 2 ¼ cups pico de gallo About 3 ½ cups lime cilantro sauce	100 salmon tacos About 12 lb 10 oz cooked salmon About 3 qt ½ cup pico de gallo About 1 qt 2 ¼ cups lime cilantro sauce

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

