



SERVES 4



CRANBERRY GLAZED POLLOCK

Ingredients:

4 Alaska Pollock fish fillets, thawed (approx. ½ lb. each)
¾ cup cranberry sauce
2 tsp. brown sugar
¼ cup orange juice (optional)

Instructions:

1. Preheat oven to 450 degrees F (or 425 for convection oven).
2. Thaw fish and pat dry. Place fish on a greased baking sheet.
3. Mix cranberry sauce, orange juice, and brown sugar together. Top each fillet with approximately 1 Tbs. of cranberry glaze.
4. Bake for 8 to 12 minutes or until internal temperature reaches 145 degrees.

Tip: You may swap the fish for boneless, skinless chicken breasts. If cooking from raw, cover and bake at 375 degrees F for 30 to 40 minutes.



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