Wild Alaska Pollock

Great Recipes!

Program Manager's Guide | Schools K-12
Success with Seafood

Success with Seafood starts with sourcing the right product. Whether you are buying Alaska pollock as part of the USDA Food Program, or as a commercial item, there are a number of key specifications you should always consider to ensure you receive good quality fish that students will enjoy.

Step 1

Choose the Right Seafood

1. **Once-Frozen:** Frozen seafood products are available once-frozen or twice-frozen, indicating the number of times the fish has been thawed and frozen before reaching your schools. Like any food product, the quality of the seafood deteriorates the more times it is frozen. Once-frozen Alaska pollock has a fresh, clean flavor that is not “fishy.” It also has excellent color and texture, making it a seafood product that students will enjoy again and again.

2. **Buy Alaska:** Seafood is a global business and buying U.S. produced Alaska pollock makes a big difference in your program’s success. Smart buyers know to ask for seafood caught and processed in Alaska and further processed in the United States for the best quality and traceability.

3. **Sustainable Seafood:** The health of our oceans is important to parents and students. The U.S. Alaska pollock fishery is the largest sustainable fishery in the world. The stocks are abundant and well managed to ensure the fish will be around for generations to come.

It’s easy to offer the great nutritional benefits of seafood to students at your schools with Genuine Alaska Pollock. Just follow these **Three Simple Steps:**

1. Source high quality sustainable seafood, like Alaska pollock.
2. Offer new Alaska pollock menu items that kids will love.
3. Create excitement in the cafeteria to encourage students to try the new seafood offerings.

This manager’s guide provides information on each of these topics, along with great new recipes and other resources to help you introduce more seafood in your schools.
Create Seafood Lunches Kids Will Love

The next step in a successful seafood program is to make the menus delicious and fun. Go beyond the traditional fish sandwich or fish sticks and capitalize on restaurant and ethnic trends that excite students and will have them asking for more! To get started, try the 12 new recipes included in this guide.

1. Breaded fish products are made from raw fish. Some breading is cooked slightly after it is applied to improve crispiness in the finished product, but the fish itself is still raw. All fish products should be fully cooked before serving.

2. Don’t overcook! The FDA recommends that seafood be cooked to 145°F. Higher temperatures dry out the fish and make it less appealing.

3. Before serving a new seafood product, do a cook test. All ovens are different, so cooking times and oven temperatures might have to be adjusted to obtain the correct temperature and crispy breading.

4. Before cooking unbreaded Alaska pollock portions, brush the fish with oil or a bit of sauce from the recipe to keep it moist during cooking.

Alaska Pollock Banh Mi

Ingredients
- Whole grain hoagie roll
- Soy Mayo (see recipe on back page)
- 2.6 oz. unbreaded, once-frozen Alaska pollock portion, cooked*
- Cucumbers, peeled, sliced thin
- Red onion, sliced
- Cilantro, leaves and stems chopped
- Jalapeño peppers, canned, drained
- Asian Slaw (see recipe on back page)

Measure
- 1 each
- 1 tablespoon
- 1 each
- 5 slices
- 1 tablespoon
- 1 teaspoon
- 1 tablespoon (3 slices)
- 1/4 cup

Directions
1. Start with a whole grain hoagie roll.
2. Spread with 1 tablespoon of Soy Mayo.
3. Add a 2.6 oz. unbreaded, once-frozen Alaska pollock portion.
4. Top with 5 slices peeled, thinly sliced cucumbers.
5. Add 1 tablespoon sliced red onion.
6. Sprinkle with 1 teaspoon cilantro.
7. Add 3 canned jalapeño slices.
8. Top with 1/4 cup Asian Slaw.

* Lightly spray with pan spray or brush with a bit of sauce to keep it moist during cooking.

YIELD: 1 serving = 2 oz. meat/alt 0.625 cup vegetable, 2 oz. eq grains

Assembly Order

1. Whole grain hoagie roll 8
2. Soy Mayo 7
3. Alaska pollock portion 6
4. Cucumbers 5
5. Red onion 4
6. Cilantro 3
7. Jalapeño peppers 2
8. Asian Slaw 1
### Alaska Pollock Pescadilla

**Grades K-12**

**Ingredients**
- 8” whole grain tortilla
- Refried beans
- 1 oz. breaded, once-frozen Alaska pollock sticks, cooked
- Black Bean & Corn Salsa (see recipe on back page)
- Mozzarella cheese, shredded
- Cheddar cheese, shredded

**Measure**
- 1 each
- 1/4 cup
- 2 each
- 2 tablespoons
- 1 tablespoon
- 1 tablespoon

**Directions**
1. Start with an 8” whole grain tortilla.
2. Spread with 1/4 cup refried beans.
3. Arrange 2 breaded Alaska pollock sticks in a spoke pattern (break one stick in half).
4. Add 2 tablespoons Black Bean & Corn Salsa.
5. Top with 1 tablespoon EACH shredded mozzarella and cheddar cheese.
6. Fold tortilla in half and press down lightly to seal ingredients.
7. Convection bake at 350°F for 10-12 minutes or until tortilla is light brown and cheeses are melted.

**YIELD:** 1 serving = 2.5 oz. meat/alt 0.125 cup vegetable, 2.5 oz. eq grains

### Alaska Pollock Fish & Dips

**Grades K-8**

**Ingredients**
- 1 oz. breaded, once-frozen Alaska pollock nuggets or sticks, cooked
- Assorted sauces

**Measure**
- 4 each
- 2 oz. total

**Directions**
1. Offer 4 (1 oz.) breaded, once-frozen Alaska pollock nuggets or sticks.
2. Serve with 2 oz. of assorted sauces (see recipes on back page).

**YIELD:** 1 serving = 2 oz. meat/alt 1.75 oz. eq grains

### Spicy Alaska Pollock Sandwich

**Grades 6-12**

**Ingredients**
- Whole wheat hamburger bun
- Sriracha Yogurt (see recipe on back page)
- 2.6 oz. unbreaded, once-frozen Alaska pollock portion, cooked*
- Spicy Pineapple Slaw (see recipe on back page)

**Measure**
- 1 each
- 1 tablespoon
- 1 each
- 1/4 cup

**Directions**
1. Start with a whole wheat hamburger bun.
2. Spread with 1 tablespoon Sriracha Yogurt.
3. Add a 2.6 oz. unbreaded, once-frozen Alaska pollock portion.
4. Top with 1/4 cup Spicy Pineapple Slaw.

* Lightly spray with pan spray or brush with a bit of sauce to keep it moist during cooking.

**YIELD:** 1 serving = 2 oz. meat/alt 0.125 cup vegetable, 2 oz. eq grains
**Alaska Pollock Naanwich**

**Ingredients**
- Flatbread (such as Rich’s 14O10), 1 each, 6"x6" (1)
- Yogurt Curry Orange Sauce (see recipe on back page), 2 tablespoons (2)
- 2.6 oz. unbreaded, once-frozen Alaska pollock portion, cooked* (1)
- Masala Slaw (see recipe on back page), 1/4 cup (3)

**Directions**
1. Start with a 6"x6" flatbread.
2. Spread with 2 tablespoons Yogurt Curry Orange Sauce.
3. Add a 2.6 oz. unbreaded, once-frozen Alaska pollock portion.
4. Top with 1/4 cup Masala Slaw and roll up into a wrap.

*Lightly spray with pan spray or brush with a bit of sauce to keep it moist during cooking.

**ASSEMBLY ORDER**

1. Flatbread
2. Yogurt Curry Orange Sauce
3. Alaska pollock portion, cooked
4. Masala Slaw

**YIELD:** 1 serving = 2.25 oz. meat/alt
0.25 cup vegetable, 2 oz. eq grains

---

**Alaska Pollock Tacos**

**Ingredients**
- 4.5" White Table corn tortillas, 2 each (1)
- 1 oz. breaded, once-frozen Alaska pollock nuggets, cooked (3)
- Mexican Slaw (see recipe on back page), 2 tablespoons (3)
- Salsa (see recipe on back page), 2 tablespoons (3)

**Directions**
1. Start with 2 corn tortillas.
2. Add 3 (1 oz.) Alaska pollock nuggets on top of 2 corn tortillas.
3. Top with 2 tablespoons Mexican Slaw.
4. And 2 tablespoons Salsa.

**ASSEMBLY ORDER**

1. Corn tortillas
2. Alaska pollock nuggets
3. Mexican Slaw
4. Salsa

**YIELD:** 1 serving = 1.5 oz. meat/alt
0.25 cup vegetable, 2.25 oz. eq grains

---

**Alaska Pollock Parmigiano**

**Ingredients**
- Spaghetti & Marinara (see recipe on back page), 2/3 cup (5)
- 1 oz. breaded, once-frozen Alaska pollock sticks, cooked (3)
- Roasted Italian Vegetables (see recipe on back page), 2 tablespoons (2)
- Marinara sauce, 1/4 cup (1)
- Mozzarella cheese, shredded (3)

**Directions**
1. Start with 2/3 cup of Spaghetti & Marinara Sauce.
2. Add 3 (1 oz.) breaded, once-frozen Alaska pollock sticks.
3. Add 2 tablespoons Roasted Italian Vegetables.
4. Top with 1/4 cup marinara sauce.
5. And 2 tablespoons shredded mozzarella cheese.

**ASSEMBLY ORDER**

1. Spaghetti & Marinara
2. Alaska pollock sticks
3. Roasted Italian Vegetables
4. Marinara sauce
5. Mozzarella cheese

**YIELD:** 1 serving = 2 oz. meat/alt
0.625 cup vegetable, 2.25 oz. eq grains
**Alaska Pollock Lettuce Wraps with 5 Spice BBQ Sauce**

**Grades 6-12**

**Ingredients**
- Iceberg lettuce cups
- 1 oz. breaded, once-frozen Alaska pollock nuggets, cooked
- 5 Spice BBQ Sauce (see recipe on back page)
- Green cabbage, shredded
- Scallion, thinly sliced
- Green pepper, 1/4" dice
- Chow mein noodles

**Measure**
- 1 leaf, outer + 2 leaf, inner 4 each
- 2 tablespoons
- 1/4 cup
- 1 tablespoon
- 1 tablespoon
- 2 tablespoons

**Directions**
1. Place 3 iceberg lettuce cups on plate.
2. Add 4 (1 oz.) breaded, once-frozen Alaska pollock nuggets.
3. Top pollock nuggets with 2 tablespoons 5 Spice BBQ Sauce.
4. Serve with 1/4 cup shredded cabbage, 1 tablespoon thinly sliced scallion and 1 tablespoon diced green pepper.
5. Garnish with 2 tablespoons chow mein noodles.

**YIELD:** 1 serving = 2 oz. meat/alt
1.25 cup vegetable, 1.75 oz. eq grains

---

**Baja Fish Salad with Alaska Pollock**

**Grades 6-12**

**Ingredients**
- Tortilla chips
- Salad mix
- Spinach
- Cabbage, shredded
- Carrots, shredded
- Red peppers, diced 1/2"
- Green peppers, diced 1/2"
- Corn, IQF, thawed
- Black beans, drained
- 1 oz. breaded, once-frozen Alaska pollock sticks, cooked
- Chipotle Ranch Dressing (see recipe on back page)

**Measure**
- 9-11 chips (1 oz.)
- 4-5/8 oz.
- 1/2 oz.
- 1/4 cup
- 1 tablespoon
- 1 tablespoon
- 1 tablespoon
- 2 tablespoons
- 2 tablespoons
- 3 each
- 2 fluid oz.

**Directions**
1. Start with a layer of 9-11 tortilla chips.
2. Add a combination of 2 cups of salad mix and spinach.
3. Add 1/4 cup shredded cabbage and 1 tablespoon shredded carrots.
4. Add 1 tablespoon EACH diced red and green peppers.
5. Add 2 tablespoons EACH thawed frozen corn and drained black beans.
6. Add 3 (1 oz.) breaded, once-frozen Alaska pollock sticks.
7. Serve with 2 fluid oz. Chipotle Ranch Dressing.

**YIELD:** 1 serving = 2 oz. meat/alt
1.5 cup vegetable, 2.25 oz. eq grains
Alaska Pollock Five-O

Ingredients
Whole wheat hamburger bun 1 each
Sweet Chili Sauce 1 tablespoon
(see recipe on back page)
2.6 oz. unbreaded, once-frozen Alaska pollock portion, cooked 1 each
Asian Slaw 1/4 cup
(see recipe on back page)

Directions
1. Start with a whole wheat hamburger bun.
2. Spread with 1 tablespoon Sweet Chili Sauce.
3. Add a 2.6 oz. unbreaded, once-frozen Alaska pollock portion.
4. Top with 1/4 cup Asian Slaw.
* Lightly spray with pan spray or brush with a bit of sauce to keep it moist during cooking.

YIELD: 1 serving = 1.5 oz. meat/alt
0.25 cup vegetable, 0.125 cup fruit, 3.25 oz. eq grains

Zesty Orange Alaska Pollock Rice Bowl

Ingredients
Brown Rice, cooked 1 cup
1 oz. breaded, once-frozen Alaska pollock nuggets, cooked 3 each
Pineapple Roasted Vegetables 1/2 cup
(see recipe on back page)
Zesty Orange Sauce (Commercial) 2 fluid oz.

Directions
1. Start with 1 cup cooked brown rice.
2. Add 3 (1 oz.) breaded, once-frozen Alaska pollock nuggets.
3. Top with 1/2 cup Pineapple Roasted Vegetables.

YIELD: 1 serving = 2 oz. meat/alt
0.25 cup vegetable, 2 oz. eq grains

Alaska Pollock Cajun Po’Boy

Ingredients
Whole grain hoagie roll 1 each
Cajun Mayo 1 tablespoon
(see recipe on back page)
2.6 oz. unbreaded, once-frozen Alaska pollock portion, cooked 1 each
Pickled Slaw 1/4 cup
(see recipe on back page)

Directions
1. Start with a whole grain hoagie roll.
2. Spread with 1 tablespoon Cajun Mayo.
3. Add a 2.6 oz. unbreaded, once-frozen Alaska pollock portion.
4. Top with 1/4 cup Pickled Slaw.
* Lightly spray with pan spray or brush with a bit of sauce to keep it moist during cooking.

YIELD: 1 serving = 2 oz. meat/alt
0.25 cup vegetable, 2 oz. eq grains
Recipes for Slaws & Vegetables

Asian Slaw
1/2 tablespoon sugar
1/2 tablespoon ground cumin
1 quart chopped cilantro
1-3/4 cup + 2 tablespoons lime juice
1 cup matchstick green pepper

COMBINE water, sugar, rice vinegar and red pepper flakes and stir until sugar is dissolved. Add vegetables and toss to combine.

Pickle Slaw
2 tablespoons cider vinegar
1 tablespoon sugar
2 tablespoons pickle relish
2-1/2 cups shredded green cabbage
1/2 cup shredded carrot
1 tablespoon chopped scallion

COMBINE cider vinegar and sugar and stir until sugar is dissolved. Add pickle relish and stir. Add vegetables and toss to combine.

Spicy Pineapple Slaw
1/4 cup lime juice
2 tablespoons sugar
1 tablespoon Sriracha hot chili sauce
1/2 cup shredded red cabbage
1/2 cup pineapple tidbits
1 teaspoon sesame seeds

COMBINE lime juice and sugar and stir until sugar is dissolved. Add Sriracha and ginger and stir. Add vegetables, pineapple and sesame seeds and toss to combine.

Pickled Slaw
2 tablespoons cider vinegar
1 tablespoon sugar
2 tablespoons pickle relish
2-1/2 cups shredded green cabbage
1/2 cup shredded carrot
1 tablespoon chopped scallion

COMBINE all ingredients.

Soy Mayo
1/4 cup low sodium soy sauce
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Mexican Slaw
1 cup lime juice
1/4 cup sugar
1 teaspoon ground cumin
3/4 teaspoon red pepper flakes
1/4 cup chopped cilantro

COMBINE lime juice and sugar and stir until sugar is dissolved. Add vegetables and toss to combine.

Spicy Pineapple Slaw
1/4 cup lime juice
2 tablespoons sugar
1 tablespoon Sriracha hot chili sauce
1/2 cup shredded red cabbage
1/2 cup pineapple tidbits
1/4 cup chopped cilantro

COMBINE lime juice and sugar and stir until sugar is dissolved. Add Sriracha and ginger and stir. Add vegetables, pineapple and sesame seeds and toss to combine.

Mexican Slaw
1/2 cup lime juice
1/4 cup sugar
1 teaspoon ground cumin
3/4 teaspoon red pepper flakes
1/4 cup chopped cilantro

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Masala Slaw
1 1/4 cup lime juice
1/4 cup sugar
1 teaspoon ground ginger
3/4 teaspoon ground roasted cumin
1/2 teaspoon curry powder
1/4 cup + 3/4 cup shredded green cabbage
1/4 cup shredded carrot
1 tablespoon Sriracha hot chili sauce
1 tablespoon chopped canned jalapeño peppers

COMBINE lime juice and sugar and stir until sugar is dissolved. Add ginger, cumin and curry powder and stir. Add remaining ingredients and toss to combine.

Roasted Italian Vegetables
1-1/2 cups zucchini, cut in 1/2" slices
1/2 cup red peppers, cut in 1/2" slices
1 cup red onion, cut in 1/2" slices
1/4 cup shredded green cabbage
1/4 cup + 3-1/4 cups shredded cabbage
1/4 cup pineapple tidbits
1/4 cup red pepper, cut in 1/4" dice
1 quart + 3.25 cups shredded cabbage
1/4 cup shredded carrot
1/4 cup sugar
1/4 cup lime juice
1/4 cup honey
1/4 cup orange juice
1 teaspoon curry powder
1/4 cup Sriracha hot chili sauce

COMBINE water, sugar, salt, and red pepper flakes and boil for 10 minutes. Stir in tomatoes. Remove from heat and stir in ketchup, lime juice and Sriracha.

Recipes for Salsas, Sauces & Dressings

Salsa
1 gallon + 2 cups crushed tomatoes, no salt added
1/3 cup + 1 cup diced yellow onion
1/3 cup + 2 tablespoons lime juice
1 cup chopped canned jalapeño peppers, diced
1/2 cup chopped ground cumin
1 tablespoon ketchup salt
1/2 cup ketchup salt
1/2 cup sugar
1/4 cup lime juice
1/4 cup sugar
1/4 cup orange juice
1/4 teaspoon kosher salt
1/4 teaspoon hot water
1 teaspoon Five Spice Chinese seasoning

COMBINE all ingredients.

Black Bean & Corn Salsa
3-1/2 cups + 2 tablespoons Salsa (see recipe above)
2 cups corn kernels
1-1/2 cups black beans
1/4 cup green pepper, cut in 1/4" dice
1/4 cup red pepper, cut in 1/4" dice

COMBINE all ingredients.

Yogurt Curry Orange Sauce
1-3/4 cups plain yogurt
1/4 cup honey
1/4 cup orange juice
1 teaspoon curry powder
1/4 teaspoon paprika
1/4 teaspoon kosher salt

COMBINE all ingredients.

Spaghetti & Marinara
1 tablespoon spaghetti sauce
1 quart cold water
2 pounds whole grain spaghetti (dry to cooked)
1 cup + 1/2 cup diced canned tomatoes

COMBINE spaghetti sauce and water. Heat in a 350°F oven for 15 minutes. Stir in noodles and cook an additional 10 minutes. Stir in tomatoes.

Mexican Slaw
1/2 cup lime juice
1/4 cup sugar
1 teaspoon ground cumin
3/4 teaspoon red pepper flakes
1/4 cup chopped cilantro

COMBINE all ingredients.

Cajun Mayo
2 tablespoons + 1/2 teaspoon light mayonnaise
2 teaspoons yellow mustard
1/8 teaspoon garlic powder
1/8 teaspoon Cajun seasoning

COMBINE all ingredients.

Spaghetti & Marinara
1 tablespoon spaghetti sauce
1 quart cold water
2 pounds whole grain spaghetti (dry to cooked)
1 cup + 1/2 cup diced canned tomatoes

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Cajun Mayo
2 tablespoons + 1/2 teaspoon light mayonnaise
2 teaspoons yellow mustard
1/8 teaspoon garlic powder
3/8 teaspoon Cajun seasoning

COMBINE all ingredients.

Chipotle Ranch Dressing
2 cups light ranch dressing
2 tablespoons lime juice
2 tablespoons chipotle pepper in adobo
2 tablespoons chopped cilantro

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Spicy Pineapple Slaw
1/4 cup lime juice
2 tablespoons sugar
1 tablespoon Sriracha hot chili sauce
1/2 cup shredded red cabbage
1/2 cup pineapple tidbits
1/4 cup chopped cilantro

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Spicy Pineapple Slaw
1/4 cup lime juice
2 tablespoons sugar
1 tablespoon Sriracha hot chili sauce
1/2 cup shredded red cabbage
1/2 cup pineapple tidbits
1/4 cup chopped cilantro

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Yogurt Curry Orange Sauce
1-3/4 cups plain yogurt
1/4 cup honey
1/4 cup orange juice
1 teaspoon curry powder
1/4 teaspoon paprika
1/4 teaspoon kosher salt

COMBINE all ingredients.

Spicy Pineapple Slaw
1/4 cup lime juice
2 tablespoons sugar
1 tablespoon Sriracha hot chili sauce
1/2 cup shredded red cabbage
1/2 cup pineapple tidbits
1/4 cup chopped cilantro

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.

Soy Mayo
1 cup mayonnaise
1 tablespoon low sodium soy sauce

COMBINE all ingredients.