

## Roasted Fish Crispy Slaw Wrap

MEAT, DARK GREEN VEGETABLE, RED/ORANGE VEGETABLE, OTHER VEGETABLE, GRAINS						SANDWICHES AND WRAPS
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Fresh red cabbage, shredded	3 lb 2 oz	1 gal 1 cup	6 lb 4 oz	2 gal 2 cups		<ol style="list-style-type: none"> <li>Combine red cabbage, white cabbage, carrots, bok choy, cilantro, and balsamic dressing to make slaw.</li> <li>Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until ready to serve.</li> <li>Place Tilapia portions on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</li> <li>Brush oil on Tilapia and sprinkle with salt-free seasoning.</li> <li>Roast: Conventional oven: 375 °F for 12 minutes Convection oven: 375 °F for 9 minutes When done, fish will flake easily with a fork. Critical Control Point: Heat to 145 °F or higher for at least 15 seconds.</li> <li>Critical Control Point: Hold at 135 °F or higher.</li> <li>Place 1/4 cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 8 fl oz spoodle (1 cup) slaw and one slice of avocado. Squeeze lime on top of filling. Roll in the form of a burrito and seal.</li> <li>Cut diagonally in half and serve.</li> <li>Portion 1 wrap (two halves).</li> </ol>
Fresh white cabbage, shredded	3 lb 2 oz	3 qt 1 cup	6 lb 4 oz	1 gal 2-1/2 qt		
Fresh carrots, shredded	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt		
Fresh bok choy, julienne sliced	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 2 cups		
Fresh cilantro, chopped		1 cup	3 oz	2 cups		
Light Balsamic vinaigrette dressing		1 qt 2/3 cup		2 qt 1-1/3 cups		
Frozen Tilapia filets, thawed (4 oz portions)	12 lb 8 oz	50 pieces	25 lb	100 pieces		
Extra virgin olive oil		1/2 cup		1 cup		
Salt-free chili-lime seasoning blend	2 oz	1/2 cup 2 Tbsp	4 oz	1-1/4 cups		
Fresh romaine lettuce, julienne sliced	1 lb 10 oz	3 qt 1/2 cup	3 lb 4 oz	1 gal 2-1/4 qt		
Whole-grain tortillas, 8" (1.7 oz each)		50		100		
Fresh avocados, slice 1/4"	15 oz	50 slices	1 lb 14 oz	100 slices		
Fresh limes, cut into quarters	10 oz	50 quarters (about 15 limes)	1 lb 4 oz	100 quarters (about 28 limes)		
Serving: 1 wrap (two halves) provides: 2-3/4 oz equivalent meat, 1/4 cup dark green vegetable, 1/4 cup red/orange vegetable, 7/8 cup other vegetable, and 1-1/2 oz equivalent grains. 1/2 wrap (one half) provides: 1-1/4 oz equivalent meat, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 3/8 cup other vegetable, and 3/4 oz equivalent grains.			Yield: 50 servings: about 31 lb 8 oz 100 servings: about 63 lb		Volume: 50 servings: about 4 gal, 50 wraps 100 servings: about 8 gal, 100 wraps	

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NUTRIENTS PER SERVING					
Calories	341.64	Saturated Fat	1.50 g	Iron	2.55 mg
Protein	28.83 g	Cholesterol	50.42 mg	Calcium	69.44 mg
Carbohydrate	36.67 g	Vitamin A	6406.03 IU (349.68 RAE)	Sodium	540.54 mg
Total Fat	10.10 g	Vitamin C	46.84 mg	Dietary Fiber	5.74 g

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